Local Scene
See what's going on!
Back Page

A veteran, remembered
'My Back Pages,' page two

Police log
Weekly in the News-Ledger:
Page 5

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THE NEWS-LEDGER

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43rd Year ◆ No. 26 | Serving the West Sacramento Region Since 1964 | Wednesday, February 7, 2007

Teachers agree to pay raise deal

By Steve Marschke
News-Ledger Editor

West Sacramento's school district and teachers union may finally have a labor contract, after months of testy negotiations.

"We ratified the contract this evening," Washington Teachers Association president Regina Jarrott-Briggs told the News-Ledger yesterday. "It was with 89 percent approval."

The union has 420 members, and is led by Jarrott-Briggs, a teacher at Golden State Middle School. Teachers have been working without a contract since July.

She said that the terms of the deal are complex, but involve a six percent raise retroactive to July 1 and a 1.28 percent increase in benefits, with a cap on benefit spending. In the second year of the contract, beginning this July, "we have been guaranteed COLA," (cost of living allowance), she added.

In the third year of the three-year contract, each side has the right to re-open some points of negotiation.

"I think we're happy to have it done and get it behind us, and get on with educating children," said Jarrott-Briggs.

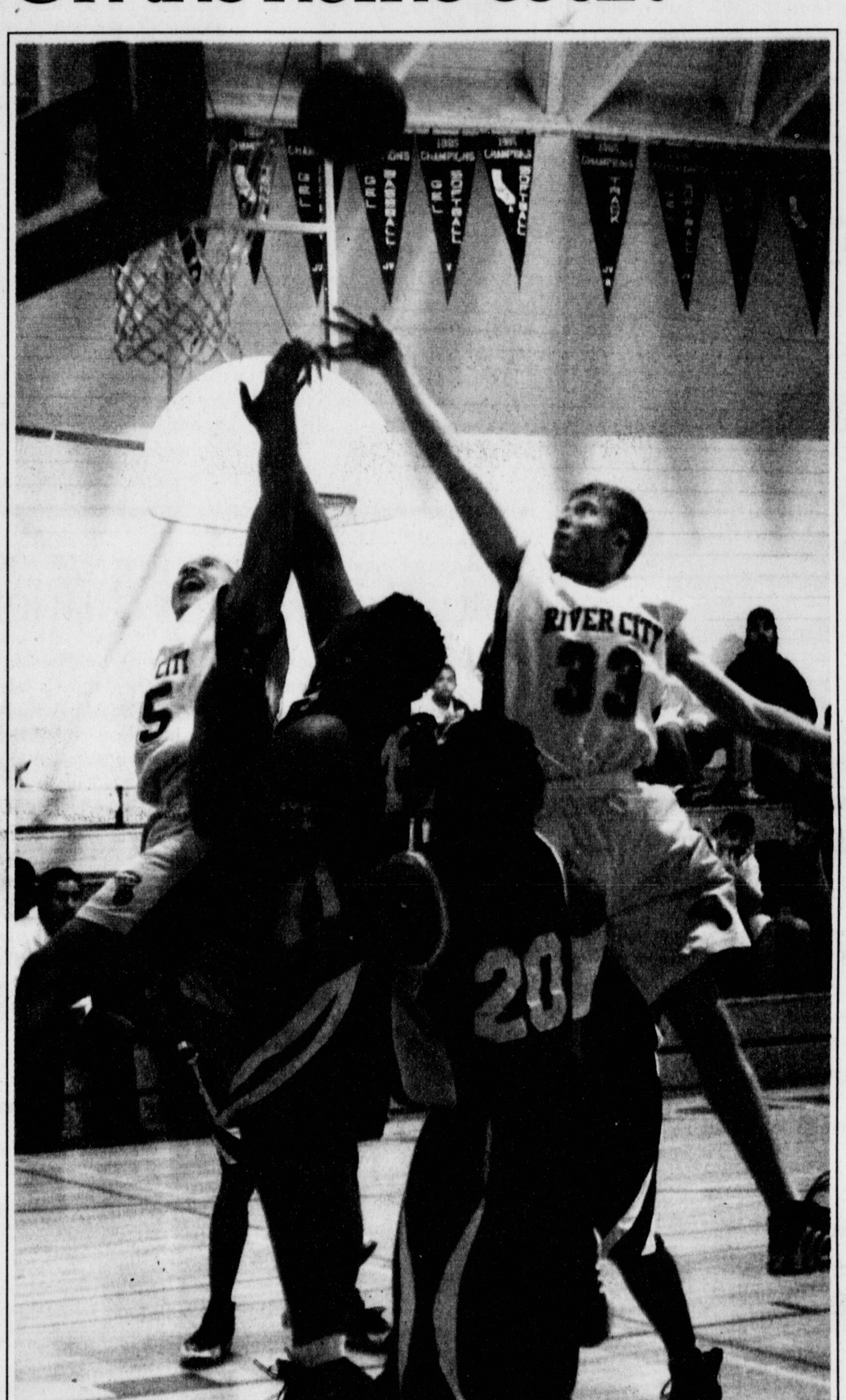
Washington Unified School District Superintendent Steve Lawrence echoed that sentiment:

"I think both sides of the table worked very diligently to reach this agreement," said Lawrence. "Obviously I'm very happy the teachers voted to ratify it. What I'm happy with is now the teachers feel they can fully focus on the children in the classroom. Not that they weren't, but I think they had some concerns about the contract, and now they can re-energize in the classroom."

The deal was negotiated with representatives of the school board, which on Thursday will publicly discuss the details in an informational session. Final approval is scheduled for next week.

The board meets in public session at 7 p.m. Thursday at city hall.

On the home court



River City varsity Raiders Yevgeniy Dyachenko (left) and Matt Federighi (right) struggle for the rebound in Friday's game against visiting Rio Linda. The Raiders won, 63-52. For more Raider basketball information, turn to page three.
News-Ledger photo by Steve Marschke

Chamber: 'enhance city'

The West Sacramento Chamber of Commerce at its annual dinner last week announced a set of initiatives to enhance the city's image.

"Project Pride" aims to begin lighting the state's "ziggurat" building at night to serve as a landmark, improve local freeway signage and better direct travelers to city businesses, rebuild the Raley's Landing boat dock near the ziggurat and open it to voters visiting Raley Field or other parts of the city, enhance public art, work with the local historical society to develop historical monuments, and expand park development along the riverfront.

"The city has invested a tremendous amount of energy into image enhancement," said Andy Wallace, the chamber's new president. "The chamber is ready and able to join this process and raise all the support we can for growing West Sacramento's image and raising our residents' quality of life."

Chamber director David Stroud added that the organization will also try to better work with small business owners to help them find the financing they need to improve their property.

"We're at a point where, in the space of a few months or a year, we can make a huge difference in how West Sacramento will look and feel for decades to come," added Warren Smith, second vice president of the chamber. "It's not very often at all that a community of this size has a shot at completely upgrading its image, and with it, the community's livability."

City openings:

City clerk Kryss Rankin announced last week that there are a number of vacancies on city commissions. Applications and information are available on the city website or by calling her at 617-4500.

Among the commissions West Sacramento residents may apply to serve upon:

- The planning commission, which is heavily involved in local planning and land use issues
- The commission on aging, which examines programs and services targeting the elderly
- The youth commission, open to people age 11-19 and making recommendations on city youth programs and issues
- The arts, culture and historic preservation commission, which looks at cultural enrichment, the placement of art in the community, and the preservation of historic resources
- The economic development advisory commission (EDAC), which comments on economic studies, marketing studies, and local business recruitment and retention.

Bank robbed: woman says she was held hostage

West Sacramento police are seeking a woman who may be the suspect, or another victim, in the robbery of a Wells Fargo bank branch inside West Sacramento's Raley's supermarket along West Capitol Avenue last Wednesday.

According to Lieutenant David Farmer of the West Sacramento Police Department, the woman approached a teller at the branch at 3:20 p.m. and asked for a pen and paper. She then wrote a note saying:

"Please help me! There are two guys in a white car outside and they are holding me hostage. I need you to give me $5,000.00, and when I leave call the police."

The teller pressed the silent alarm and gave the woman $5,000. The woman tooke the money and left the store. No weapon was seen, and no vehicle was spotted.

SECURITY PHOTO of woman who took $5,000 from supermarket's bank branch

The woman is described as Hispanic, about 30 years old, about 5' 4" tall, with brown hair, brown eyes and a thin build. She was wearing a dark blue hooded sweatshirt.

Anyone with information is asked to call Detective Maggiano at 617-4935 or Detective Hensley at 617-4955.

Help plan waterfront

West Sacramento and Yolo County invite your input for a plan to prioritize projects relating to water and flood management, habitat enhancement and recreational opportunities along the west bank of the Sacramento River and the deep water canal levees.

The Sacramento River West Bank Project Planning Committee is now working on the county's "Integrated Regional Water Management Plan," or IRWMP, which is intended to guide these efforts.

A public workshop is planned for Thursday from 4:30-6:30 p.m. at the civic center galleria, 1110 West Capitol Avenue. For more information, call city park development manager Dave Shpak at 617-4665, or email davids@cityofwestsacramento.org.

Mobilehome park shooting leaves no injuries, one arrest

A suspect wanted in a shooting incident at a Sacramento Avenue mobilehome park on Thursday has been arrested.

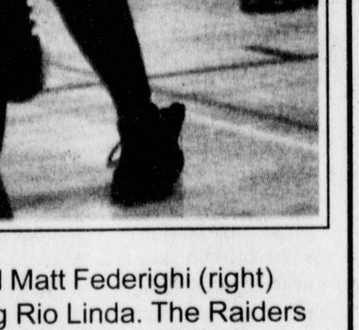
Lieutenant David Farmer of the West Sacramento Police Department reports that police responded at 6:56 p.m. that evening to the report of "shots fired" at the park at 1228 Sacramento Avenue.

"Upon (officers') arrival, the victim stated that he and the suspect identified as Rudy Ornales had been feuding," Farmer said in a media statement. "When the victim was walking in the trailer park, Ornales pulled next to the victim in a white SUV and immediately fired several shots from a handgun, missing the victim and striking the trailer behind him."

The next afternoon, an officer spotted Ornales in a vehicle near Hobson and Lisbon streets, but the suspect fled on foot after seeing the officer, Farmer reported.

But on Saturday, the police department received information that the Ford Explorer used in the shooting was in the parking lot of an apartment complex along West El Camino in Sacramento. A surveillance team saw Ornales return to the vehicle and was arrested without incident.

He is charged with assault with a deadly weapon, shooting at an inhabited dwelling, conspiracy to commit a crime, and being a convicted felon in possession of a firearm. He was jailed in Yolo County.

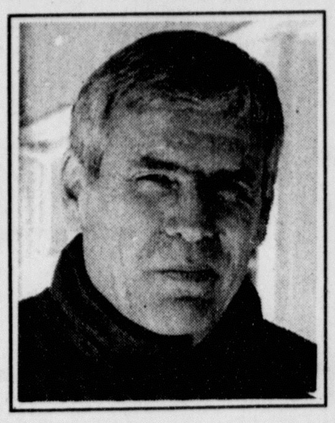


Rudy Joseph Ornelas, age 30

Ornelas, age 30, is a resident of Cummins Way in West Sacramento. The police arrest report listed him as a gang member.

If just one person remembers us, we never die

My Back Pages



By Daryl Fisher

Amongst all the wonder out there on the Internet is a website specifically dedicated to remembering the 58,178 American soldiers who lost their lives in the Vietnam War. It is called the Virtual Wall, and on it are countless remembrances, poems, photos and letters honoring those who never made it back home from that long ago war. And like many Vietnam Vets, from time to time, usually on Memorial Day or Veterans Day, I have left a remembrance or two on the Virtual Wall in memory of some of the fine young men I served with overseas in the late 1960's -- which brings me to my little story.

The other day, while checking my email messages on my computer at work, I noticed that one of them was from someone with the last name of Vad. "Now how can that be?", I asked myself, because the only person I have ever known with that very unique last name died in a tragic helicopter crash in Vietnam way back in early November of 1969.

Upon opening the email I quickly learned that it had been sent by a young man in his 30's named Mike Vad, and that he was not in any way related to the Henry (Joe) Vad I had served with in Vietnam. I also learned that Mike had been born in Duluth, Minnesota, just as the Vietnam War was ending, and that he now called the Minneapolis/St. Paul area his home.

Then I discovered why Mike was writing to me:

"I just wanted to send you an email and let you know that those who served in Vietnam are not forgotten," wrote Mike. "I see you left a message about Henry J. Vad on the Virtual Wall. When I was a junior in high school I contacted a POW/MIA/KIA organization to obtain a bracelet. My sister had seen Henry Vad's name on the Vietnam Memorial Wall in Washington D.C., and since I shared his last name, I decided to get his name put on my bracelet, and I have been wearing it ever since. I'm not sure why I am telling you this, but I felt compelled to share this story with someone who had a connection with Mr. Henry Vad. I hope you do not view this email as intrusive and I do not expect a response. Thank you for your time. Mike Vad."

After exchanging a few emails with Mike, I learned that in addition to Joe Vad's bracelet, he also has three others, honoring Ronald L. Zempel (KIA 27Feb67); Richard T. Bronson (KIA 26Jun68); and Gerald L. Brose (KIA 31Dec53), who died in the Korean War.

"I have been wearing my bracelets for approximately 15 years," said Mike in another email to me. "Except for Henry Vad, they are all soldiers from my home state of Minnesota. I am always delighted when people ask me about the bracelets. They often want to know if I personally knew the people on my bracelets, and I simply say `No, I just wear them out of respect'."

Mike went on to say, "I have always had an interest in the military. I think it started when my sister, Kari, who was a navigator in the Air Force, applied and was accepted into the Air Force Academy. And the Vietnam War intrigues me mainly because we never learned anything about it in school. I am really surprised it wasn't discussed more. I think part of it is that it was such a politically charged war which drastically changed America as we know it today. Anyway, I am very proud to wear my bracelets and if I happen to leave the house without one, I will invariably turn around and go get one."

Mike is in the nursing profession and currently works at the Hennepin County Medical Center in Minneapolis as a CRNA. He has a stepdaughter, Bailey, and he and his wife, Amy, are expecting a baby in June.

I have been planning on telling Mike a little bit more about the Joe Vad I knew in Vietnam, and since I will be sending him a copy of this column once it is finished and printed, I will take the opportunity to do that now.

"Joe was from the tough streets of New York City and he had spent quite a bit of time in the Marines before deciding he wanted to go to flight school and learn how to fly a helicopter," explained Ken Stormer, one of Joe's doorgunners in Vietnam. "He liked being in the military, and since he had once been an enlisted man, he was really nice to those of us who flew with him. For instance, if he was going to get himself some food from the officer's club, he would just stick some officer's bars on my uniform and take me with him. He really was a sweet guy, and what I remember most about Joe is his great sense of humor and how well he got along with everyone on the base."

As a Chief Warrant Officer with D Troop, 1st Squadron, 4th Cavalry, of the 1st Infantry Division, Joe's job was to fly air reconnaissance and combat air support for the Aero Rifle Platoon that I served in on the ground below him. He was a truly amazing pilot who could make an OH-6A scout helicopter do the most remarkable things, and on more than one occasion I found myself watching his aero acrobatics instead of paying attention to my responsibilities on the ground. He was easy to smile, fearless to a fault, seemingly invincible, and on the day that he and his doorgunner, SP5 James L. Downing, were shot out of the sky and killed, the whole troop had a very difficult time believing (and dealing with) it.

Joe left behind a loving wife and infant daughter, Lisa, who has over the years contacted numerous members of our troop in an effort to learn more about the father she never knew.

Someone once said that if we are remembered by just one other person, then we never really die. So for 15 years, every time Mike Vad has put on his Joe Vad bracelet, he has kept alive (and honored) the fine memory of a good, brave and decent man, who once lived and loved, "felt dawn and saw sunset glow." And for having done that, Mike, those of us who served with Joe Vad will always be in your debt.

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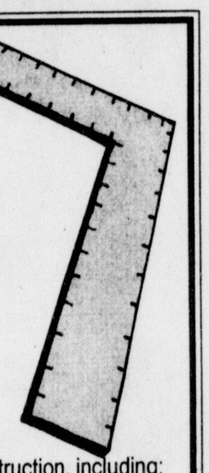

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Special guest: Angel Cardenas, traffic reporter for News 10

Join 'Friends' for dinner

The 46th annual dinner of the West Sacramento Friends of the Library will be held on February 27th at the VFW Hall, 905 Drever Street in West Sacramento.

A 6 p.m. social hour will be followed by dinner at 6:30 p.m. The cost is $10 per person and the community as well as members of the Friends of the Library are invited to attend.

Angel Cardenas, traffic reporter for News 10 and a graduate of West Sacramento's River City High School will be the guest speaker. Cardenas is also a graduate of St. Mary's College where he played football before joining News 10 in 2001.

Reservation forms for the dinner are available in the library and are in the mail to members. Reservations and checks may be mailed to the West Sacramento Friends of the Library, PO Box 692, West Sacramento, CA 95691 by February 20th. For more information call 371-4877.

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Obituaries

Anna Jean (Jeannie) Pleinis

Jeannie Pleinis was born on November 24, 1928 in Rome, Indiana and passed away at the age of 78 on January 29, 2007 in a place she loved, Baja, Mexico. She is survived by her loving husband of 50 years, Raymond Pleinis; her son, Denny and Terri Burt; her daughter, Luanne and Joe Meier; her daughter, Bonnie Bahnsen; her son, Mark Pleinis; and her daughter, Jody and Hollis Blevins; and her 14 grandchildren.

Jeannie's beautiful smile and loving heart will be deeply missed by her family and many friends.

A memorial service will he held at 10 a.m. on February 10, 2007 in the River Cities Funeral Chapel in West Sacramento. Immediately following the memorial service, a celebration of Jeannie's life will be held at the West Sacramento Moose Lodge, 3240 Jefferson Boulevard in West Sacramento. Memorials are preferred to the Society for the Blind, 2750 24th Street, Sacramento, CA 95818.

Olivia Pinney

Olivia Pinney was born on July 4, 1922 in Dallas, Texas and passed away on February 5, 2007. She was a longtime resident of West Sacramento and was preceded in death by her son, Robert Hamblen. She is survived by her husband, Donald "Jerry" Pinney; daughters, Carole Hamblen Heavin and Carrie Pinney Buchmiller and son-in-law, Jim; son, David Hamblen and daughter-in-law LeeAnn; grandchildren Lori Heavin, Donald Hamblen, Kelly Heavin, Terry Hamblen, Dwayne Hamblen, Bobby Hamblen Jr., Jimmy Buchmiller, Linda Hamblen, Tom Buchmiller, Arielle Hamblen and Anthony Hamblen; and by numerous great grandchildren and great-great grandchildren.

Olivia will always be remembered for her strength, kind heart and pure feistiness. Even though she was of small frame she had a huge voice and strong beliefs from marching with Cesar Chavez for farm laborer's rights and being an aide for a Yolo County congressman. She was very active in local politics and her energy and ability to make others feel important will be greatly missed.

Services will be held on February 9, 2007 at 3 p.m. at River Cities Funeral Chapel in West Sacramento. A reception will immediately follow at her daughter Carrie's house, 3465 Jefferson Boulevard in West Sacramento.

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The News-Ledger is a weekly newspaper published every Wednesday. It provides coverage by mail and other distribution to the city of West Sacramento, including the communities of West Sacramento, Bryte, Broderick and Southport.

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Steven K. Marschke, Editor
Daryl Fisher, Features Editor
Richard Novoa, Sports Correspondent
Barry Blacklaw, Photographer
Daryl Fisher, Advertising Director

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Opinion submissions: Letters to the Editor on topics of local interest are welcome. They must be signed, original, and must include the author's telephone number and address for verification. Letters should be brief and may be edited for length or objectionable or libelous content. Deadline is Friday before publication, and letters may be mailed or dropped off at the *News-Ledger* office.
Advertising: The deadline for classified advertisements is Monday at 5 p.m., and ads should be prepaid. An ad of up to 25 words costs $3.50, plus 10 cents for each additional word, per publication. Please mail ad and payment to the address below, or drop it off in the *News-Ledger* office or through the office mail slot.
Deadline for all other advertising is 5 p.m. on Friday. Please call 371-8030 for information on display advertising and advertising inserts.

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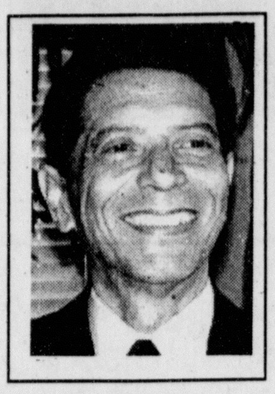
SPORTS

SPORTS INSIDER

By Richard Novoa



By Richard Novoa

The 2007 NFL season came to a rain-soaking close, and it was Peyton Manning and his Indianapolis Colts that floated to the top of the football world with a 29-17 Super Bowl victory. Manning finally got the monkey, or should I say the gorilla, off his back.

The All-Pro quarterback has now won the big game that the media constantly questioned his resolve and abilities to attain. Manning has led the Colts to the promise land! The Colts are World Champions but unfortunately the fans in Indy had to brave the 8-degree chilling weather to attend the parade downtown on Monday. An estimated 40,000 packed the RCA dome to welcome the team home at a post parade rally but the weather was brutal and only the dire hard fans braved the elements.

The Colts and their beloved coach, Tony Dungy, hoisted the Vince Lombardi trophy in a game that produced eight turnovers, five by Da Bears. The game never really featured an outstanding player on either team but Peyton Manning was awarded the MVP finishing the game 25 for 38 for 247 yards with one touchdown and one interception. The fourth quarter was waiting for a Super Bowl hero to be born but the rain and wind just would allow the game to materialize. The final quarter turnout to be a boring ball kill the clock ending with the Colts using up the time to put Da Bears out of their misery late in the game.

On the other side of the field, Bears QB Rex Grossman lived up to his negative hype fumbling and tumbling his way to another inconsistent performance but it was his two sloppy interceptions that killed Da Bears. Grossman was just that- gross man! Rex did complete 20 of 28 passes but they were late in the game after he had thrown the second of his two game killing picks.

The Bears started of great with Devin Hester returning the opening kickoff for a touchdown but it was the Colts who controlled the clock and created turnovers for the Super Bowl win. Da Bears defense also seemed to forget how to tackle ball carriers and where just run over by the Colts offensive line who should have shared the MVP trophy award.

As bad as Chicago played they were still within five points of winning the game going into the fourth quarter but with 11:40 remaining Colts cornerback, Kelvin Hayden, intercepted a Grossman pass and raced 56 yards down the sidelines to lock up the victory for the Colts and the rest is history.

The rating for the Super Bowl was the second best ever with the estimated 93.2 million viewers second only to the 1996 Dallas-Pittsburgh Super Bowl, which had 94.1 viewers.

Next year the Super Bowl XLII moves, hopefully to better weather, to the University of Phoenix Stadium in Glendale, Arizona on February 3rd. If you need one more game to close out your football year the NFL Pro Bowl is on Saturday with the Peyton Manning and the AFC favored by 4 ½ points over the NFC!

Aztec's Picks

Aztec finished up the NFL season losing his first Super Bowl pick in five years but the Dawg had an impressive 37-24 -1 NFL season. The Dawg will take a well-deserved dog nap and return to this column in September after boning up on his new Madden 07 video game.

Kings Korner

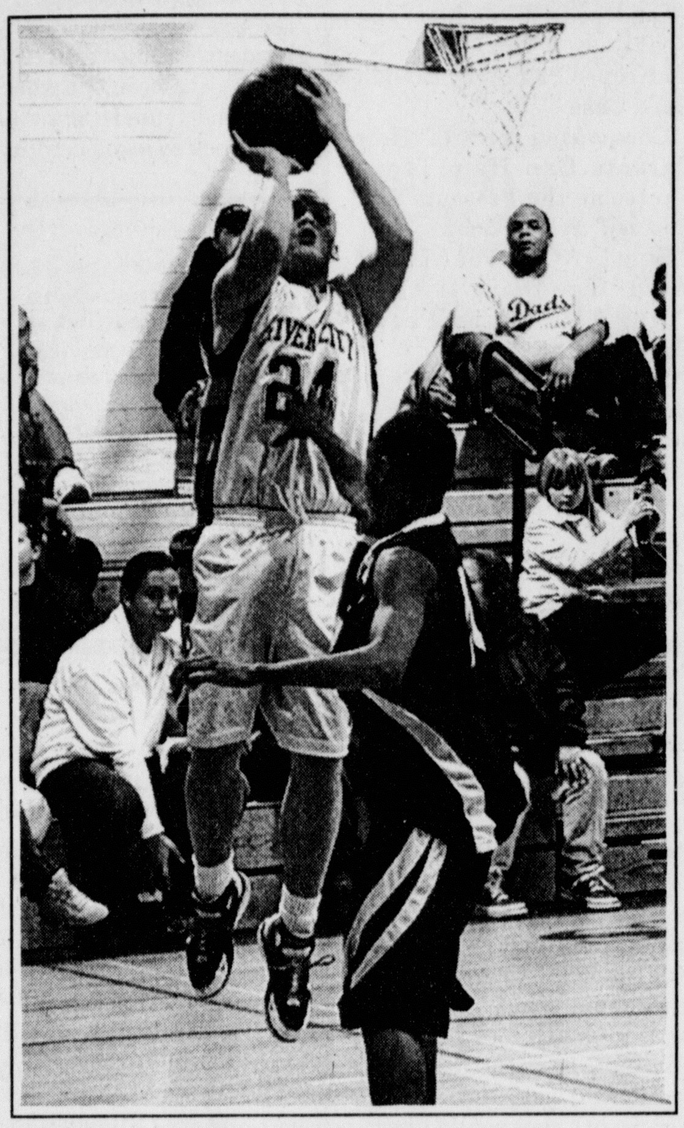
The Sacramento Kings' (20-26) winning streak has reached 3 in row and two of their wins where lead by assistant coach Scott Brooks. The Kings are without head coach Eric Musselman who had to sit out the games after the NBA imposed their two game suspension for his DUI issue.

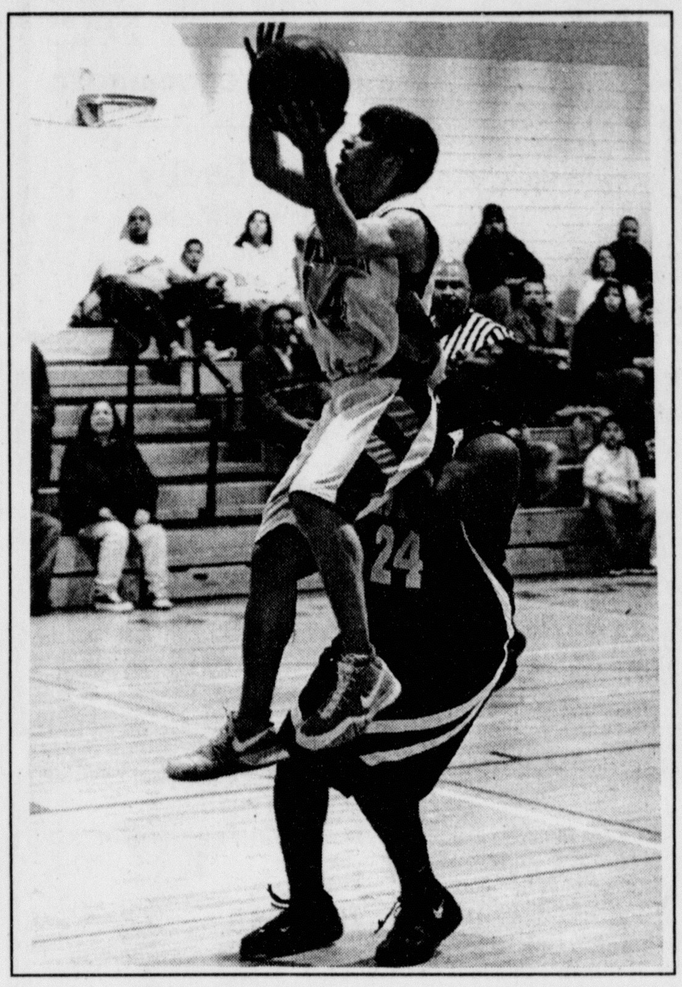
The Kings current success is due the improved shooting of Ron Artest. Artest, who shot only 37 percent from the field in November through December, improved to 50 % in January. The Kings have managed to win a couple of close games his week so maybe the ship is sailing in the right direction.

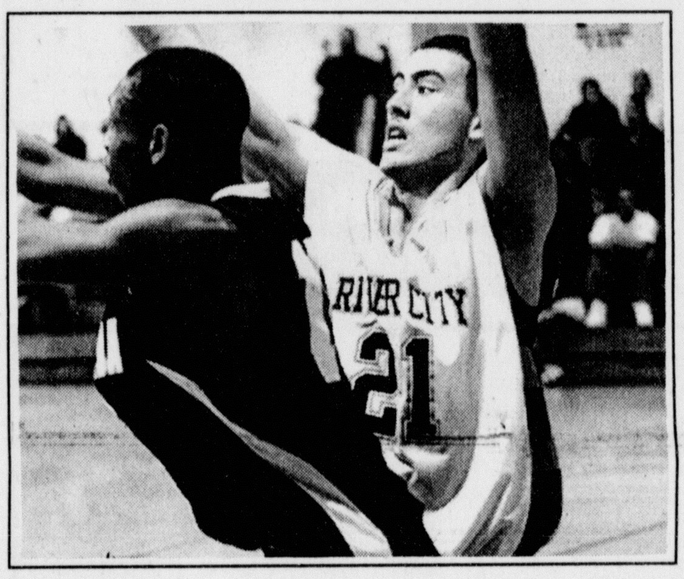
Actually the Kings record is identical to last season's at this point of the season. The big question is – can the

Please see SPORTS, p. 6

Hoop season continues at RCHS







The Raider boys varsity basketball team beat Rio Linda 63-52 on Friday, bringing their league record to 7-4 and overall record to 14-9.

ABOVE: Adam Casteel, an RCHS junior, takes a jump shot.

TOP RIGHT: Freshman Joe Rosales drives to the basic and takes the foul. He made both the shot and the free throw.

RIGHT: River City's Sammy Escamilla, a senior, guards a Rio Linda player.

The team is coached by Jon West. The boys play tonight at Center High.

The RCHS girls team dropped their game against Rio Linda last week, 65-42, bringing their record to 5-17 overall. They play at Dixon on Thursday.

News-Ledger photos by Steve Marschke

Mark Trail's OUTDOOR TIPS

RESTING YOUR RIFLE AGAINST AN UNYIELDING SURFACE MAY CAUSE THE SHOT TO VEER... PLACE YOUR HAND, ARM OR SOME SORT OF CUSHION BETWEEN GUN AND THE REST...

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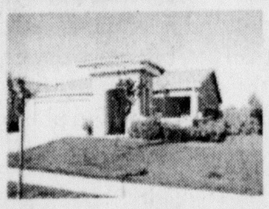

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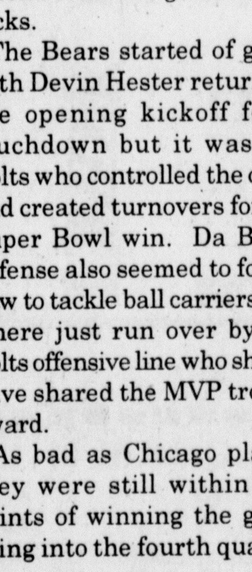
Sports QUIZ

by Chris Richcreek

1. Who was the last New York Met before Jose Reyes in 2005 and 2006 to lead the National League in stolen bases for a season?
2. Off whom did San Francisco's Barry Bonds hit home run No. 714?
3. Who is the all-time NFL leader in consecutive-games played?
4. Name the only two-time male winner of the John R. Wooden Award as college basketball player of the year.
5. When was the last time before 2006 that the NHL had opposing players each record a hat trick in the same game?
6. In 2006, Russell Baze broke horse racing's record for being the winningest jockey. What was former record-holder Laffit Pincay Jr.'s victory total?
7. In what year did PBA tour star Walter Ray Williams Jr. win his first Masters event?

Answers, page four



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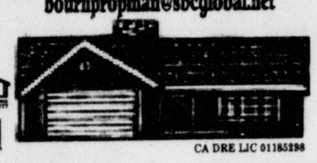

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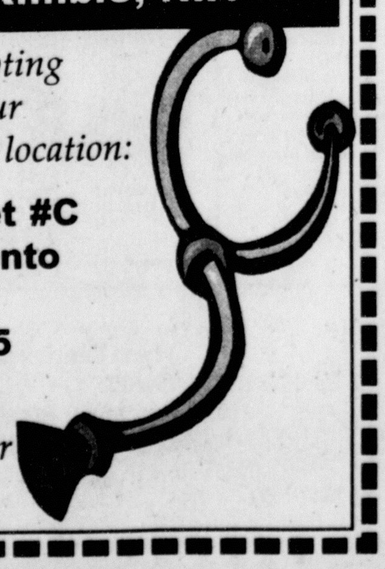

New books at the library

By Elise McCallan
Arthur F. Turner Branch Library
1212 Merkley Ave.
West Sacramento

The Arthur F. Turner Branch Library has received the following new books:

"Cinderella Was a Liar: The Real Reason You Can't Find (or Keep) a Prince" by Brenda Della Casa.

"Conquering the SAT: How Parents Can Help Teens Overcome the Pressure and Succeed" by Ned Johnson.

"Help Is NOT a Four-Letter Word: Why Doing It All Is Doing You In" by Peggy Collins.

"Fabulosity: What It Is and How to Get It" by Kimora Lee Simmons.

"Paris: The Secret History" by Andrew Hussey.

Call 375-6465 for information and library hours.

Young 'ambassador'

Can you help?

West Sacramento seventh grader Madeline "Maddie" Ramos hopes to participate in the "People Ambassador Middle School Program," comprising three weeks of tourism and "ambassadorship" in France, Italy, Sicily and Malta.

The program was created by President Eisenhower in 1956 to help peoples of the world better understand each other – and seek to avoid conflict.

The program includes a study of the countries she will visit, and instruction on "ambassador protocol."

Maddie, reports grandfather Ray Hensley, is a 12-year old student at Our Lady of Grace school who enjoys volleyball, swimming, camping and her horse "Zip." She's working hard to raise funds for the trip – and support from the community and local business is invited.

Call 372-0467 for information from the family.

***

Greatness is not where we stand, but in what direction we are moving. We must sail sometimes with the wind, and sometimes against it—but sail we must. And not drift, nor lie at anchor.

—Oliver Wendell Holmes

***

The Rotary Club of West Sacramento's
Pot-o-Gold Crab Feed
6 pm - Sat., March 17 at Our Lady of Grace
1990 Linden Rd., West Sacramento
Bring Your Appetite
only $40 per person includes:
- All you can eat **Fresh Dungeness Crab** *with all the trimmings* (no-host bar)
- **ELSI FRUGOLI'S FAMED PASTA-GOLI**
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- Exciting **Raffle Prizes**

Limited Seating - Advance Purchase Required
Call (916) 371-3400 for Tickets and Details

'Across the Bridge':

Events in the region

Project LIFT to meet

Project LIFT (Living Independently for Tomorrow) is an organization designed to provide a supportive learning environment where pregnant women/youth can begin to eliminate barriers to employment and self-sufficiency. Chicks in Crisis would like to invite women between the ages of 13 and 40 to attend roundtable discussions to be held on February 9th and 23rd from 5:30-7:30 p.m. at the Elk Grove Teen Center, located at 8978 Elk Grove Boulevard in Elk Grove. Admission is free. For more information, call Inez at 441-1243.

Black History month at CSUS

The Sacramento State Multi-Cultural Center and the Student Activities Office will be presenting more than 30 events during February in celebration of Black History Month, including lectures, films and discussions. Featured among these are the Black Women to Women Forum on February 13th and the Good, Bad and Ugly Comedy Tour on February 28th. For the complete list and dates/times of events, go to the Multi-Cultural Center's website at www.csus.edu/mcult/.

2007 Camellia Show

The Camellia Society of Sacramento's 83rd Annual Show will be held on March 3-4 at the Sacramento Memorial Auditorium, 1515 J Street in downtown Sacramento. Admission is free and approximately 5,000 camellia blooms will be on display. Over 10,000 people attend this show each year and if you become a member of the society, you will receive your first camellia plant free. For information, call 489-1218.

Antique show and sale

Twin Bridges 17th Benefit Antique Show and Sale will be held on February 17-18 at the Gold Country Fairgrounds in Auburn. There will be a wide selection of quality merchandise from the Victorian period through the 1970's. Major exhibits will include glass, china, porcelain, pottery, vintage jewelry, dolls, textiles, coins and paper collectibles. To reach the fairgrounds from I-80 east, exit Maple Street, or from I-80 west, exit Old Town/Fairgrounds, continue into Old Town Auburn and follow Sacramento Street. For more information call 530-241-4063.

Banjo-Rama

The Sacramento Banjo Band is holding its annual Banjo-Rama on February 25th from 11:45 a.m. to 5:30 p.m. at the Carmichael Elks Lodge, 5631 Cypress Avenue in Carmichael (near Manzanita and Cypress). This fun-filled afternoon of lively music will feature world-famous banjo performers and banjo bands from Northern California and Oregon. The general public is invited and a $15 donation is requested at the door. Children 15 and younger are free. Proceeds go to the Shriners Hospital for Children. For more information call 383-0108.

"All Shook Up" coming to town

Combining Elvis Presley songs with a rock'n'roll story, the musical play "All Shook Up" will be performed at the Community Center Theater in Sacramento beginning January 24th. For performance times and ticket prices, call 264-5181 or go to the Community Center Box Office, 1301 L Street in Sacramento. You can also visit SacBroadwaySeries.com. for more information.

Crocker celebrates Black History Month

The Crocker Art Museum will present several programs in February highlighting African American art and culture in celebration of Black History Month. For specific program information, dates and admission prices, call 264-5423.

The Crocker Art Museum was founded in 1885 and is located at 216 O Street in downtown Sacramento. Museum hours are 10 a.m. to 5 p.m., Tuesday to Sunday. For more information, visit crockerartmuseum.org.

African tribal objects

Sacramento State's University Library Gallery's newest exhibit will be presenting authentic African tribal masks and figurines beginning December 1st. The exhibit will feature tribal masks and figures that were useful to the tribes in a time without science, technology and modern medicine. Several African cultures will be represented. Sacramento State University is located at 6000 J Street in Sacramento. For more information call 278-6156.

Wildlife volunteers needed

The Stone Lake National Wildlife Refuge refuge will be offering tours on February 10th and 24th, beginning at 7:30 a.m.

Please see BRIDGE, p. 6

SOUTHPORT
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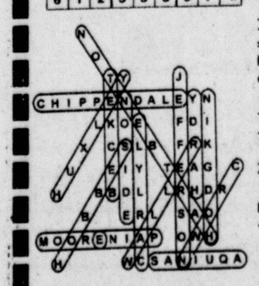
ANSWERS to Sports Quiz (P. 3) & Puzzles (P. 8)

— Weekly SUDOKU —
Answer

1	5	7	8	5	2	4	3	9
5	8	3	9	4	1	7	6	2
4	2	9	3	7	6	8	1	5
3	5	8	2	6	9	1	4	7
7	9	6	4	1	3	2	5	8
2	4	1	7	8	5	6	9	3
8	7	5	6	9	4	3	2	1
9	3	4	1	2	7	5	8	6
6	1	2	5	3	8	9	7	4



Differences: 1. Towel is missing. 2. Toilet is added. 3. Shirt is different. 4. Hair is added. 5. Pants are different. 6. Soap is added.

— Go Figure! —
answers

9	–	4	x	5	25
+		x		x	
1	+	8	÷	3	3
x		–		+	
2	x	7	–	4	10
20		25		19	

F	A	C	T	S		L	A	N	K	A		R	A	F		A	K	C
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D	E	N		T	N	T			D	E	T	A	T			P	A	G	A	N

Answers

1. A Met never led the N.L. in stolen bases before Reyes.
2. Brad Halsey of Oakland on May 20, 2006.
3. New York Giants punter Jeff Feagles, with 304 games through the end of 2006.
4. Ralph Sampson of Virginia, 1982 and 1983.
5. It was 1919. In 2006, Edmonton's Ryan Smyth and San Jose's Jonathan Cheechoo combined for the feat.
6. Pincay has 9,530 victories.
7. It was 2004.

POLICE LOG

Editor's note: The West Sacramento Police Department has ceased making available to the media records of incidents such as burglaries, arson fires, car thefts and other occurrences that don't necessarily result in an arrest. The News-Ledger has requested expanded access to this kind of information once again, as entitled by law. We're still awaiting a response from WSPD.

Jan. 31, 6:40 a.m.

An officer contacted a 43-year old resident of the 2400-block of West Capitol who was a "wanted" parolee. When the officer approached the residence, the parolee jumped out the back window – but was Tasered by another officer, and taken into custody on a no-bail warrant.

Jan. 31, 6:33 p.m.

Police contacted a 20-year old Todhunter Avenue man after seeing the wanted man standing in a back bedroom. He was sought as a suspect in a stabbing. Police knocked and asked the door be opened, unsuccessfully, several times. They obtained a key and entered and arrested the suspect.

Feb. 1, 2:24 a.m.

An officer saw a Volvo 300 fail to stop at a Jefferson Blvd./ Merkley Avenue stop sign, and then saw the car strike a curb and continue northbound in the southbound lanes of Jefferson. The officer pulled over the driver, who appeared intoxicated and failed to complete a sobriety test. The 28-year old Sacramento man was booked.

Feb. 1, 10:15 a.m.

An officer conducted a stop of a bicycle rider. The 21-year old Glide Avenue man was stopped on the 2500-block of Rice Avenue and appeared to be under the influence of drugs. He had a drug pipe in his pants pocket, and was arrested for riding the bike under the influence.

Feb. 2, 8:15 a.m.

An officer saw an 18-year old Sacramento man sell tobacco to a minor near Merkley Avenue and Westacre Road – a short distance to a local school. The suspect was arrested, cited and released.

Feb. 2, 11:08 p.m.

A 51-year old man on the 1000-block of West Capitol pushed a victim, who lived with him and dated him, into an armchair, injuring the victim's leg. The suspect was also a wanted "parolee at large." He was arrested.

Feb. 3, 3:30 p.m.

A 63-year old male transient was intoxicated and involved in a dispute on the 2800-block of West Capitol. Police determined the man was too drunk to care for himself. The subject also had six outstanding misdemeanor warrants from Woodland – all alcohol-related. He was booked.

Feb. 4, 2:32 a.m.

An officer contacted an 18-year old resident of the "State Street" area during an investigation of shoplifting near Merkley Avenue and Jefferson Blvd. The man was booked for public drunkenness.

Ahead in local government:

'K-8' schools, homelessness are among items on agenda

Washington Unified School District invites you to learn and comment on the idea of creating more "kindergarten through eight grade" (K-8) schools at any of three upcoming public forums.

A forum is planned for Tuesday, Feb. 13, from 6-8 p.m. at Bridgeway Island Elementary, 3255 Half Moon Bay Circle; another will be from 6-8 p.m. on Wed., Feb. 14, at Alyce Norman Elementary, 1200 Anna Street; and a third will be held from 6-8 p.m. on Tuesday, Feb. 20, at the district office, 930 Westacre Road.

The forums will address issues such as the advantages and disadvantages of adding seventh and eighth grade levels to elementary schools. The district has plans to open a new school as a "K-8" next year, but has not made a decision about creating other K-8 campuses. The school board plans to adopt a K-8 implementation plan at its March 8 meeting.

The **West Sacramento City Council will** meet this evening at 7 p.m. in public session at city hall, 1110 West Capitol Avenue.

Agenda items include a proclamation honoring Dorothy Montgomery for service on the Housing Advisory Commission, acceptance of the city treasurer's report, amendment of contract for the environmental report on the University Park Project, approval of a parcel map for Riverside Parkway, addition of a new sergeant's position to manage port security and homeland security positions, and other items.

The **school board of WUSD** meet in public session at 7 p.m. Thursday at city hall, 1110 West Capitol Avenue.

Agenda items include acceptance of a $15,000 grant from the Cameron Foundation to update Bridgeway Island Elementary School's computer lab, acceptance of a $1,500 for Southport Elementary's rose garden project, approval of a field trip by River City High students to Anaheim and to a "California Partnership Academy Conference" in San Diego, honoring T.J. David, co-creator of the Sacramento International Rose Peace Garden, application for state funding of new high school, issuance of 1999 school bonds, discussion of policies for naming schools, and review of the tentative labor contract with the teachers' contract.

The **Yolo County Homeless and Poverty Action Coalition** will host several meetings intended to facilitate coordination between nonprofit groups, businesses and government agencies in serving low-income and homeless people. Information gathered will contribute to a "Continuum of Care" plan that will eventually be submitted to the U.S. Department of Housing and Urban Development addressing homelessness.

One regional workshop is occurred yesterday in West Sacramento. Upcoming workshops include one scheduled for 11 a.m. to 1 p.m. on Feb. 14 at St. Martin's Church Hall, 640 Hawthorne Lane in Davis (lunch provided) and another will be held from 6-8 p.m. at the Woodland Police Department, 1000 Lincoln Avenue (pizza provided) on Feb. 21. The regional "homeless summit" is scheduled for 1-4:30 p.m. on March 14 at West Sacramento's city hall.

The **West Sacramento Housing Advisory Commission** will meet at 6 p.m. on Feb. 12 at city hall. The items on the draft agenda include elections of officers for the coming year, and staff introductions and orientation.

FEB. 14 - 19 ARCO ARENA

Wed. FEB. 14 ★ 7:30 PM	Thu.	Fri.	Sat.	Sun.	Mon.
OPENING NIGHT HALF-PRICE TICKETS!*	FEB. 15 7:30 PM#	FEB. 16 10:30 AM# 7:30 PM#	FEB. 17 11:30 AM# 3:30 PM 7:30 PM	FEB. 18 11:30 AM# 3:30 PM 7:30 PM#	FEB. 19 1:30 PM# 5:30 PM#

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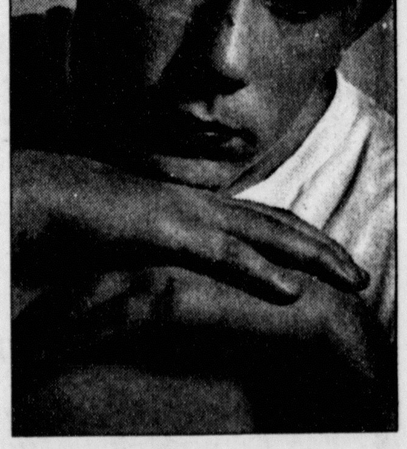
- Arguing a lot?
- Can't get them to do what you want?
- Is your teen always angry?

Join other parents who feel the same way you do! Spend ten evenings that can make a lasting difference in your family.

When?

English
Thursdays, 6 to 8 p.m.
February 1 - March 22, 2007

Spanish
Wednesdays, 6 to 8 p.m.
January 31 - March 21, 2007



Where?
River City High School
Portable Room #1
1100 Clarendon Street
West Sacramento

Seating is limited. Reservations required.
Services are provided FREE! Sponsored by People Reaching Out, Inc.
Contact: Kathy Green, MFT Intern ◆ (530) 666-7621
Supervised by Jeannette Phelan, Licensed MFT #24770

News-Ledger Directory *of* Local Places *of* Worship

Anna Street Baptist Church Rev. Norman Pollitt, 371-6560 1400 Anna St., W. Sac. Sunday School 10 a.m. Sunday Worship 11 a.m. Prayer Time 6:30 p.m.	**Community Lutheran Church** Rev. Marjorie C. Beach, Pastor 920 Drever St., 371-8804 10 a.m. Worship/Sunday School Friendly, inclusive faith language, Progressive thealogy/theology LGBT, Interfaith folks welcome	**Our Lady of Grace Catholic Church** 911 Park Blvd., 371-4814 Father Jos. Karikattil, Pastor Masses: Sat. Vigil 5:30pm Sunday 9 & 10:30 a.m. Weekdays 7 a.m. No Mass on Thursday
Center for Spiritual Awareness 1020 W. Capitol Ave., 374-9177 Sun. services 9 & 11 am Meditation at 10:30 a.m. Praise & worship 10:45 a.m. Junior church for all ages at 11 am	**Church of Jesus Christ of Latter Day Saints** 2667 Linden Road Bishop Ray Jackson, (916) 372-1113 Sunday Meeting Times: Sacrament Meeting, 9 a.m. PUBLIC WELCOME!	**Seventh Day Adventist Church** Frank Hightower, Elder 519-5329 2860 Jefferson Blvd., W. Sac. PO Box 447, W. Sac. 95691 Sat. Sabbath School 9:30 a.m. Worship 11 a.m. 372-6570
Trinity Presbyterian Church 1500 Park Blvd., W. Sac. Rev. Steve Whitney (916) 371-5875 9am: Family-Friendly Contemporary Service 11am: Blended Traditional & Contemporary Service	**Holy Cross Catholic Church** 1321 Anna St. (near Todhunter) Pastor Giancarlo Mittempergher Sat. Vigil 5 p.m. (English) Sunday 9 (English) Noon & 7 p.m. (Spanish) Mon 8:30am, Tues-Wed 7am, Thurs. 6:45 (Spanish), Fri. 8:30 a.m. Call 371-1211	**First Southern Baptist Church** Rev. Don Parker Sun. School 9:30 a.m. Sun. Worship 11am Wed. 6:30pm Prayer Meeting & Bible Study 2124 Michigan Blvd. 371-2111
SouthPort Community Church Pastor Bruce Maier Celebration Worship Sunday 10:30 a.m. KidLand during service. Youth & Small Group Ministry for All Ages. Call 372-7818. Meets at Bridgeway Island Elem. School 3255 Half Moon Bay Cir. www.southportcommunity.com	**WestSide Covenant Church** Worship Services at Collings Teen Center 1541 Merkley Ave. Sundays 10 a.m. & 6 p.m. www.westsidecov.org 371-3933	**New Discovery Christian Church** Now meeting at Elkhorn Village Elementary School, 750 Cummins Way, West Sac. at 10:30 a.m. Pastor Jerry Green (916) 600-3784
Horizon Christian Fellowship Rev. Claude J Perez, Sr., Pastor 1800 Manzanita Way, 371-3458 SUN Worship 9:30 & 11 am SUN Worship & Prayer 6pm WED Bible Study 7pm THURS Youth Group 7pm 1st & 3rd FRI Singles 7pm 2nd FRI Women's Fellowship 7pm	**Radiant Life Church of West Sacramento** 3605 Gregory Ave (in Southport, where Jefferson, Davis & Gregory meet) Worship Sun. 10 a.m. Youth Tuesday 6:30 p.m. Call 371-6706	**Fresh Oil KingdomMinistries** Meeting every Sunday at 3pm Turner Library Community Rm 1212 Merkley Ave (916) 617-4377 Bible-based ministry. Pastors: William & Rachel Wiley Bible study each Wed. 7pm, 1479 Barona St., W Sac.

BRIDGE from page four

Down syndrome information

The Down Syndrome Information Alliance Education Series features programs on the first Tuesday of each month with the hope of improving the knowledge of individuals and families affected by Down syndrome. Experts in education, advocacy, health care, etc., make presentations and a free light dinner and childcare is provided. The Down Syndrome Information Alliance meets at the Sutter Cancer Center, 2800 L Street in Sacramento. For more information, call 658-1686 or visit www.downsyndromeinfo.org.

Alzheimer's society meets

The Alzheimer's Aid Society of Northern California Support Group for the Memory Impaired will meet the 2nd and 4th Wednesday in February at 10:30 a.m. at the Alzheimer's Aid Society Office, 2641 Cottage Way, Suite #4 in Sacramento. For more information on other related groups and meetings, call 448-7001.

Widowed persons

The Widowed Persons Association of California encourages widowed men and women to come to Sunday Support get-togethers each Sunday from 3-5 p.m. at the Widowed Persons Association office, located at 2628 El Camino Avenue, Suite D-18.

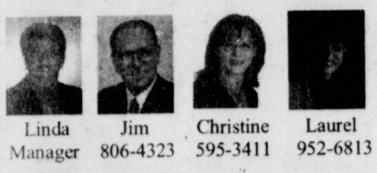
Activities include bowling, brown bag opera, needle and thread, breakfasts, dinners, golf, card games, dancing and traveling. For more information, call 972-9722.

SPORTS from p. 3

Kings push their way up the playoff ladder and pass Golden State and the Los Angeles Clippers?

Overall the Kings are playing better defense but the real test will come on Thursday night (7:30 p.m.-TNT) when the young guns from Chicago come to town to test the Kings defense. Following the Bulls game the Kings will fly to Seattle (7 p.m.-CSN) on Saturday night and then return the Arco on Sunday night for a back-to-back return engagement with Seattle (6 p.m.-CSN).

Enjoy your day — see ya next week!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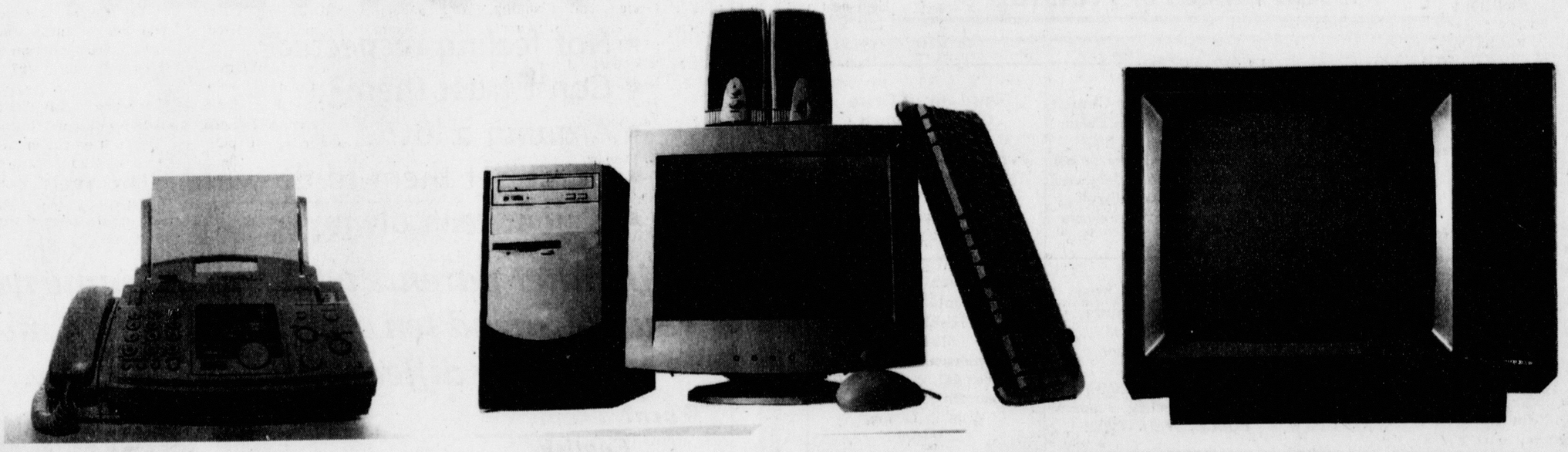

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OPINION

News-Ledger Editorial

West Sac police: failing the information test

You have a right to keep tabs on your government, and you have a right to know what your government knows.

Yes, there are exceptions – such as when somebody's personal privacy is involved or when some kind of investigation or negotiation is ongoing. But in general, Californians are guaranteed their public information, with no hassle and no cost.

One of the places this is most important is at your local police department. What's going on with crime on your street? Is your car safe? Your house? Has a neighbor, or a trusted public official, been investigated for something you ought to know about? Has a police officer potentially abused his power? You have a right to find out. So does your local newspaper.

But did you see any of the news reports last month, after a coalition of 28 newspapers in California worked with the "Californians Aware" organization to see how well different police departments responded when reporters showed up to ask for crime-related information?

The responses were often polite, and sometimes were helpful. But the reporters (who didn't volunteer that they were reporters unless pressed) were sometimes asked to provide photo ID or other personal information with their request (none of which is necessary for them, or you, to obtain public information). One was told that she had to give this personal information so an officer could find out if she was wanted for a crime that would require her immediate arrest. Many walked away without the information they sought.

Most of the departments , including many in the Sacramento area, received low grades for their response – with an average grade of "F+." West Sacramento wasn't included in the survey, but if it had been, it likely would have failed.

West Sacramento's police department has a fine-sounding policy on public information and the media, recognizing it has "an obligation to provide accurate and timely information regarding law enforcement activities to the public," calling a free press "essential" and promising to "cooperate fully" with the media "in providing the fullest possible disclosure of information, as provided by law."

Last fall, though, the department took a step backwards from that promise – ceasing to make available information on police calls around town. It was no longer possible for the News-Ledger – or for you – to check up on what the department was doing and where it was doing it. Had the "CalAware" auditors visited West Sacramento's police, they would have found a courteous response – but absolutely no way to look at local crime and incident reports. Only arrest reports are now available. If a police call doesn't result in an arrest, it is now often difficult or impossible for a reporter or citizen to find.

Repeated requests from the News-Ledger haven't yet succeeded in shaking loose this public information.

It's not over, though -- and the law is on your side.

Letters to the Editor

In support of the right to gay marriage

Pardon yet another opinion of the issue of gay marriages.

I propose that society as a whole has a deeply vested interest in this issue. It is not a matter of personal preference, or a purely private concern. We must, for the common good, support expanding the legal institution of marriage to include same sex unions.

I submit that this is a conservative position. It is an accepted social axiom that people in stable unions (marriage) are, on the whole, healthier, more productive, and less likely to burden society with their needs in illness and old age. How then could it not be in our collective interest to support marriage for all members of our society?

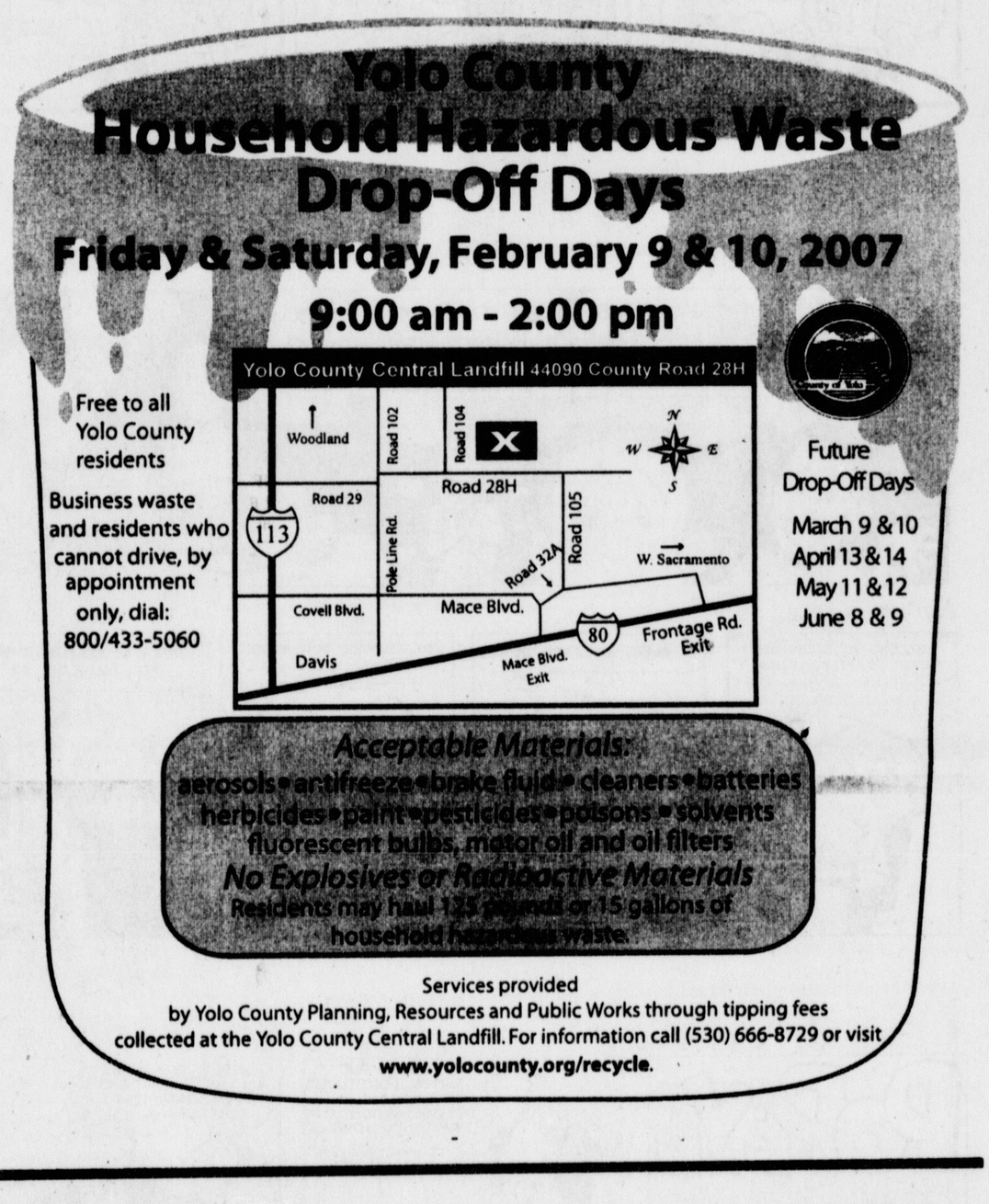
To those who maintain that homosexuality is somehow ungodly, or unnatural, I would point out that there is ample evidence that for many it is an innate and biological reality. It is often recognized in early childhood by those who are, and sometimes by their families as well. Perhaps another spiritual perspective might be that God is providing a benign (as compared to war, pestilence, and plague) form of population control. Whether such arguments are acceptable or not, we are a nation constitutionally mandated to clearly separate law and religion. No religious argument can appropriately be used in this or any other legal area.

Certainly, homosexuals are produced from heterosexual unions, so the state is clearly not a result of early exposure, or family lifestyle. This, to my mind, argues powerfully against isolating gays on the excuse that they will spread their lifestyle. Indeed, it is we heterosexuals who seek to impose lifestyle choices on others. We expect full participation and compliance from all citizens without expending the rights and privileges of full citizenship in return.

I cannot fathom any rationale, or collective benefit to support our continued opposition to legal marriage for all. As a blue collar mother and grandmother, I would love to see all the hysterical nonsense striped from the issue and common sense prevail for the benefit of us all.

Good for Freddie Oakley!

ROXANNE B. DE KONING
West Sacramento


Yolo County
Household Hazardous Waste
Drop-Off Days
Friday & Saturday, February 9 & 10, 2007
9:00 am - 2:00 pm
Yolo County Central Landfill 44090 County Road 28H
Free to all Yolo County residents
Business waste and residents who cannot drive, by appointment only, dial: 800/433-5060
Woodland
Road 102
Road 104
Road 28H
Road 29
Poke Line Rd.
Road 105
Road 32A
W. Sacramento
Covell Blvd.
Mace Blvd.
Davis
Mace Blvd. Exit
Frontage Rd. Exit
113
80
N
W
E
S
Future Drop-Off Days
March 9 & 10
April 13 & 14
May 11 & 12
June 8 & 9
Acceptable Materials:
aerosols • antifreeze • brake fluid • cleaners • batteries
herbicides • paint • pesticides • poisons • solvents
fluorescent bulbs, motor oil and oil filters
No Explosives or Radioactive Materials
Residents may haul 125 pounds or 15 gallons of household hazardous waste.
Services provided
by Yolo County Planning, Resources and Public Works through tipping fees
collected at the Yolo County Central Landfill. For information call (530) 666-8729 or visit
www.yolocounty.org/recycle.

Fictitious Business Name Statement
Filed Dec 29, 2006
File No. 2006-1208

The following person is doing business as Castle Technologies, 1204 E Kentucky Ave, Woodland CA 95695:

Alberto A. Castillo, 1630 Coloma Way, Woodland CA 95695.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on Dec 29 '06.

/s/Alberto A. Castillo

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Dec 28 2006
by: /s/Kimberli Barklow, Deputy Clerk

Feb 7 14 21 28

Fictitious Business Name Statement
Filed Dec 28 2006
File No. 2006-1202

The following person is doing business as Applied Technology Institute, 1880 Boardwalk Drive, Marysville CA 95901:

Jing-Bin Wei, same address

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 12/28/06. Previous fictitious business name number 95-740.

/s/Jing-Bin Wei

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Dec 29 2006
by: /s/Kimberli Barklow, Deputy Clerk

Feb 7 14 21 28

Fictitious Business Name Statement
Filed Jan 25 2007
File No. 2007-093

The following person is doing business as NONSTOP SITES, 2954 Mallorca Ln, Davis CA 95618:

Seckin Durmaz and Sun Durmaz, 2954 Mallorca Ln, Davis CA 95618.

This business is conducted by an Husband and Wife.

The registrant commenced to transact business under the fictitious business name or names listed above on 1/15/07.

/s/Sech Durmaz
/s/Sun Durmaz

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Jan. 25 2007
by: /s/Ava Woodard, Deputy Clerk

Feb 7 14 21 28

***

Most people are more comfortable with old problems than with new solutions.

—Anonymous

***

NOTICE TO CREDITORS OF BULK SALE
(UCC Sec. 6105)
Escrow No. 9827A

NOTICE IS HEREBY GIVEN that a bulk sale is about to be made. The name(s) and business address(es) of the seller(s) is/are: CHHEAN KIM HAY AND SEUN HAY, 1525 FERNWOOD ST, WEST SACRAMENTO, CA 95791
Doing business as: DONUT CITY (TYPE-DONUT SHOP)
All other business name(s) and address(es) used by the seller(s) within the past three years, as stated by the seller(s), is/are: NONE
The name(s) and business address of the buyer(s) is/are: KEAV LOV, 1901 SILVERCLIFF WAY, RANCHO CORDOVA, CA 95670
The assets being sold are generally described as: ALL STOCK IN TRADE, FURNITURE, FIXTURES, EQUIPMENT, AND GOODWILL and is located at: 1001 JEFFERSON BLVD, WEST SACRAMENTO, CA 95691
The bulk sale is intended to be consummated at the office of: CAPITOL CITY ESCROW, INC, 3838 WATT AVE, STE F-810, SACRAMENTO, CA 95821 and the anticipated sale date is FEBRUARY 27, 2007
The bulk sale is subject to California Uniform Commercial Code Section 6106.2.
The name and address of the person with whom claims may be filed is: CAPITOL CITY ESCROW, INC, 3838 WATT AVE, STE F-810, SACRAMENTO, CA 95821 and the last day for filing claims by any creditor shall be FEBRUARY 26, 2007, which is the business day before the anticipated sale date specified above.
Dated: JANUARY 19, 2007
KEAV LOV, Buyer(s)
PCTS LA126353 NEWS LEDGER 2/7/2007

***

The shortest answer is doing.

—English proverb

***

You cannot plough a field by turning it over in your mind.

—Anonymous

***

Fictitious Business Name Statement
Filed Sep 18, 2006
File No. 2006-902

The following person is doing business as Brisyn's Pool Care, 1770 Chelan Rd., W. Sac. CA 95691:

Bernard Saludares, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 8/22/06.

/s/Bernard Saludares

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Sep 18 2006
by: /s/Valerie Clinton, Deputy Clerk

Jan 31 Feb 7 14 21

Fictitious Business Name Statement
Filed Jan 18, 2007
File No. 2007-065

The following person is doing business as Coldwell Banker Professionals, 830 W. Jefferson Blvd. #10, West Sacramento CA 95691:

Waheed Akhtar, 9569 Mainline Dr., Elk Grove CA 95624; Michael Dougherty, 1504 Halifax Way, El Dorado Hills CA 95762.

This business is conducted by an Unincorporated Association other than a Partnership.

The registrant commenced to transact business under the fictitious business name or names listed above on 1/18/07.

/s/Waheed Akhtar
Michael Dougherty

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Jan. 18 2007
by: /s/Kimberly Barklow, Deputy Clerk

Jan 31 Feb 7 14 21

Fictitious Business Name Statement
Filed Jan 8, 2007
File No. 2007-021

The following person is doing business as Apple Landscape Design and Planning, 1625 Fathom Pl, West Sacramento CA 95691:

Robert John Seed and Katherine Margaret McLoughlin, 1625 Fathom Pl, West Sacramento CA 95691.

This business is conducted by an Husband and Wife.

The registrant commenced to transact business under the fictitious business name or names listed above on

/s/Robert John Seed
/s/Katherine Margaret McLoughlin

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Jan. 8 2007
by: /s/Eleigh Fagel, Deputy Clerk

Jan 31 Feb 7 14 21

Fictitious Business Name Statement
Filed Dec 5 2006
File No. 2007-004

The following person is doing business as CEMEX, 39820 Kentucky Ave., Woodland CA 95695:

Nor-Cal Ready Mix, Inc., 5180 Golden Foothill Pkwy, El Dorado Hills CA 95762.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on 4/1/05.

/s/Leslie S. White, Asst. Secty.
Nor-Cal Ready Mix, Inc.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Jan. 2, 2007
by: /s/Ava Woodard, Deputy Clerk

Jan 17 24 31 Feb 7

Fictitious Business Name Statement
Filed Jan 5, 2007
File No. 2007-018

The following person is doing business as Achieve Learning Groups, 2715 O St. Apt 10, Sacramento CA 95816:

Benjamin M. Samudio, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 5 Jan. '07.

/s/Benjamin M. Samudio

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Jan. 5 2006
by: /s/Kimberly Barklow, Deputy Clerk

Jan 17 24 31 Feb 7

Fictitious Business Name Statement
Filed Jan 8, 2007
File No. 2007-019

The following person is doing business as Rosas Housecleaning, 2324 Manchester St., W. Sacramento CA 95691:

Rosalba Zuniga, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 1/8/07.

/s/Rosalba Zuniga

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Jan. 8 2007
by: /s/Eleigh Fagel, Deputy Clerk

Jan 17 24 31 Feb 7

Fictitious Business Name Statement
Filed Dec. 19 2006
File No. 2006-1168

The following person is doing business as RTG Builders, 3176 Industrial Blvd., West Sacramento CA 95691:

RTG Plumbing, Inc., same address.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on .

/s/Ronn Goldfine, President
RTG Plumbing, Inc.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Dec. 19 2006
by: /s/Ava Woodard, Deputy Clerk

Jan 17 24 31 Feb 7

PUZZLES & COMICS

R.F.D.

by Mike Marland

YOUR BROTHER GOT SOMETHIN' AGAINST TIP-UPS AND JIG LINES?
NOPE!
HE JUST PREFERS TO TROLL.
PUTT-PUTT-PUTT...
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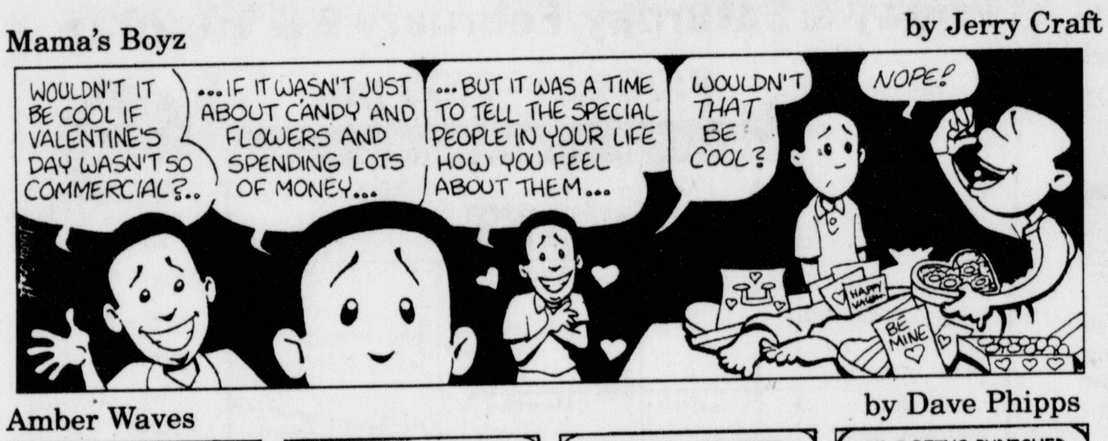
The Spats

by Jeff Pickering

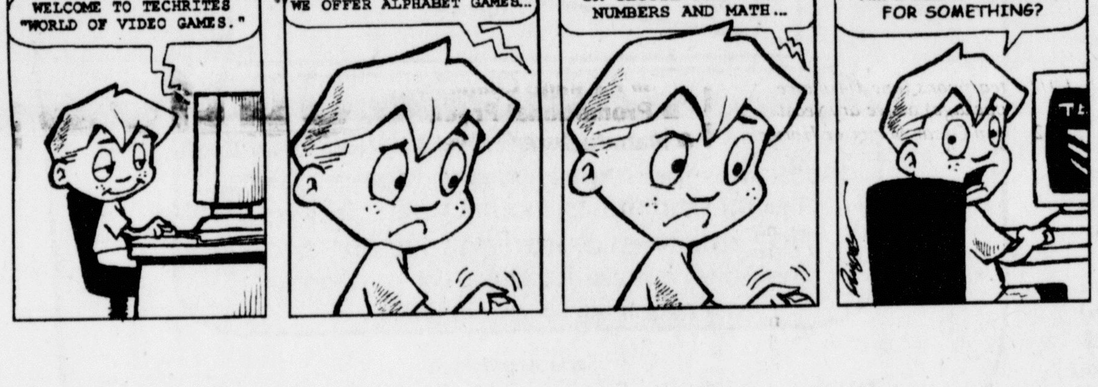
Mama's Boyz

by Jerry Craft


WOULDN'T IT BE COOL IF VALENTINE'S DAY WASN'T SO COMMERCIAL?..
...IF IT WASN'T JUST ABOUT CANDY AND FLOWERS AND SPENDING LOTS OF MONEY...
...BUT IT WAS A TIME TO TELL THE SPECIAL PEOPLE IN YOUR LIFE HOW YOU FEEL ABOUT THEM...
WOULDN'T THAT BE COOL?
NOPE!
HAPPY VALENTINE
BE MINE

Amber Waves

by Dave Phipps


WELCOME TO TECHRITES "WORLD OF VIDEO GAMES."
WE OFFER ALPHABET GAMES...
OR CHOOSE FUN WITH NUMBERS AND MATH...
AM I BEING PUNISHED FOR SOMETHING?

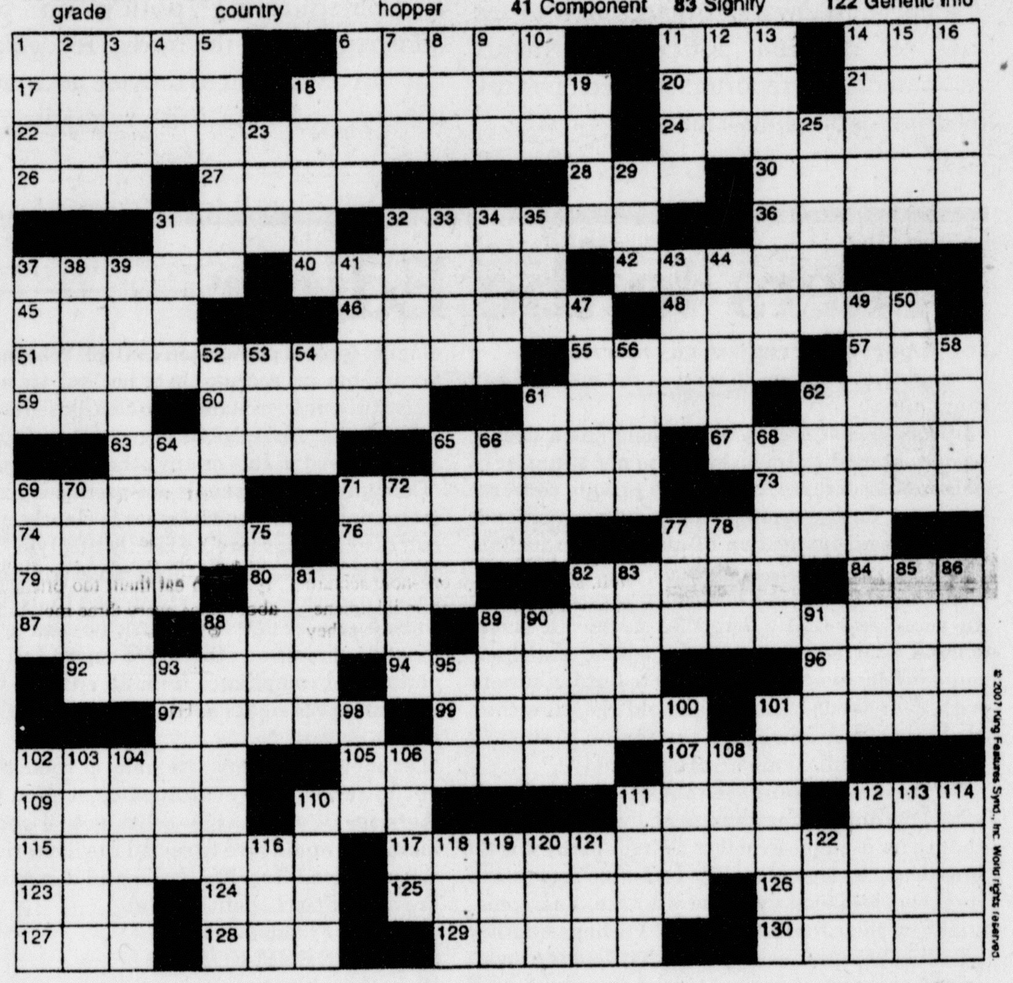
POPEYE
HY EISMAN
IT TAKES GREAT INTESTINAL FORTITUDE TO MAINTAIN MY DETERMINATION TO REMAIN ON A DIET...
...ESPECIALLY WITH ALL THE TEMPTATIONS THAT CONSTANTLY CONFRONT ME...
AS I INGEST DR. KROKMEISTER'S "SEDONA VORTEX" DIET OF GRAPEFRUIT, ANCHOVIES AND OATMEAL...
...MY SUPERIOR INTELLIGENCE KEEPS MY MIND FOCUSED ON THE PRIZE...
...SO WHEN I WALK PAST ROUGHHOUSE'S CAFE...
...I CAN IGNORE THE AMBROSIAL AROMA OF A BURGER GRILLING WITH ONIONS...
...MY BRAIN RESOLUTELY SENDS A MESSAGE TO MY LEGS, "KEEP ON WALKING!"
ALAS... MY STOMACH ROARS, "ARE YOU OUT OF YOUR @☆0¶#%* MIND?"
HY EISMAN

Super Crossword

DIS MOUNT

ACROSS
1 TV's "The — of Life"
6 See 23 Down
11 Brit. fliers
14 Canine grp.
17 Shining
18 "Black Magic Woman" rockers
20 Vigoda of "Fish"
21 Mauna —
22 Start of a remark
24 Samara citizen
26 Director Wanamaker
27 Desire deified
28 Cyclone center
30 Word with talk or tennis
31 "— Crazy" ('80 film)
32 Dancer Juliet
36 Ancient epic
37 He had a gilt complex
40 New Orleans campus
42 Emulate Arachne
45 Be adjacent to
46 Excellent grade
48 Andes animals
51 Part 2 of remark
55 Art supporter?
57 Create a reservoir
59 Poetic monogram
60 "Jaws" setting
61 Origami supply
62 Saucony competitor
63 Phantom instrument
65 Cosmetic purchase
67 Aptitude
69 Crusoe's creator
71 Part 3 of remark
73 Country star Brooks
74 New York native
76 Soporific substance
77 Canvas cover?
79 Perfume bottle
80 Stuck in the mud
82 Relish a rose
84 — Jima
87 Corn portion
88 Doha's country
89 Part 4 of remark
92 It may be subordinate
94 Showy shrub
96 Architect Saarinen
97 Mr. Topper
99 Termination
101 Beneath
102 In progress
105 Ravine
107 Spellbound
109 Rousseau or Matisse
110 Missouri airport abbr.
111 Universal tradesman?
112 Herd word
115 Distinguished
117 End of remark
123 I love, to Livy
124 Dundee denial
125 Unfavorable
126 "— Gay"
127 Snug spot
128 Cable channel
129 Coup —
130 Heathen

DOWN
1 Some are saturated
2 Turkish title
3 Mr. Kadiddlehopper
4 Craggy hill
5 Cake and candy
6 Neighbor of Thailand
7 Pantry pest
8 Utmost
9 Musician Winding
10 Richards or Reinking
11 Valuable
12 — Simbel
13 Celebration
14 Excuse
15 Adorable Australian
16 Worked on a chair
18 Stallion sound
19 "It's been —!"
23 With 6 Across, Ceylon, today
25 Hawthorne milieu
29 Evergreen tree
31 Fill to the gills
32 Roman writer
33 Tolled
34 Draft status
35 Moisten
37 Beer ingredient
38 Wading bird
39 '62 Gene Chandler smash
41 Component
43 Or — (threat words)
44 On one's toes
47 It makes rye high
49 Called attention to
50 Susan — James
52 Hit the ceiling
53 "— Man" ('67 hit)
54 Hullabaloo
56 Lhasa —
58 Engineering course
61 Limerick or haiku
62 Young of "Mr. Ed"
64 Make murky
65 Crossword puzzle part
66 Baton Rouge coll.
68 Lithe
69 Pigeon kin
70 Early computer
71 Israeli dance
72 "Tommy" or "Tosca"
75 Pile up
77 Snow —
78 Monte Rosa, for one
81 News bit
82 Group of geese
83 Signify
85 Had on
86 — about (approximately)
88 Division result
89 Lots
90 Ray or Moro
91 Flat rate?
93 — squash
95 Road to enlightenment
98 Cal. page
100 Prepare the Parmesan
101 Scheduled maintenance
102 Winning
103 — fatale
104 Soubise ingredient
106 — Romeo
108 Pretense
110 Manuscript imperative
111 Kid
112 — synthesizer
113 "Man — Mancha"
114 In the twinkling — eye
116 Palindromic name
118 "Kookie" Byrnes
119 First lady?
120 Allow
121 Undergarment
122 Genetic info



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Answers to Puzzles Page 4

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	−		×		25
+		×		×	
	+		÷		3
×		−		+	
	×		−		10
20		25		19	

1 2 3 4 4 5 7 8 9

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Weekly SUDOKU

by Linda Thistle

	6			5		4		
		3			1		6	
4			3					5
	5			6	9			7
7			4			2		
		1			5		9	
8			6			3		
	3			2			8	
		2			8		7	4

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Character Profile: King Barin
RULER OF ARBORIA...
...PRESIDENT OF THE UNITED REPUBLICS OF MONGO.
FRIGIA
SEA OF MYSTERY
LAND OF THE LION MEN
SKY CITY OF THE HAWKMEN
FORTRESS OF GARAKANIN
TROPICA
FORTRESS OF GUNDAR
ALANIA
TORNEO
SYK
UNDERWATER KINGDOM OF CORALIA
ARBORIA
JUNGLE
VOLCANIA
GREAT MONGO DESERT
FLASH GORDON
By JIM KEEFE
www.keefestudios.com
WE'RE TOO LOW ⟨CRACKLE⟩ EVASIVE ACTION!
EVASIVE AC... ⟨KRAC⟩ BZZZZZZZZZ....
AND THAT, MY FRIENDS, IS WHERE THE TRANSMISSION ENDS.
THE SHIP'S LAST RECORDED POSITION SITUATED SOMEWHERE IN THE MOUNTAIN REGION JUST SOUTHEAST OF FRIGIA.
AN EMERGENCY SESSION OF DELEGATES FROM THE U.R.M.* CONVENE IN ARBORIA.
* UNITED REPUBLICS OF MONGO
I'VE CALLED YOU ALL HERE BECAUSE THIS IS FAR MORE THAN JUST A SIMPLE RESCUE MISSION.
THAT SHIP WAS RETURNING WITH INFORMATION ON THE LOCATION OF A WELL-SPRING OF RADIUM.*
ITS ACQUISITION CRUCIAL IN KEEPING OUR ALLIANCE STRONG.
* MINERAL FOUND ON MONGO USED AS THEIR PRIMARY POWER SOURCE
BARIN, ANY CHANCE THE CREW IS STILL ALIVE?
THE SAD TRUTH IS IT'S UNLIKELY.
NEVERTHELESS, IT'S IMPERATIVE WE MOVE FAST IN CASE THE DISTRESS CALLS WERE INTERCEPTED.
IF THAT RADIUM SUPPLY FALLS INTO THE WRONG HANDS...
"...IT COULD MEAN THE END OF THE UNITED REPUBLICS!"
I'VE TRACED THE SIGNAL, MY LIEGE.
LET'S HOPE THE DOWNED CRAFT HAS SURVIVORS.
IT'S BEEN AWHILE SINCE WE'VE HAD FRESH MEAT.
TO BE CONT'D

HOCUS-FOCUS

BY HENRY BOLTINOFF

FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

MAGIC MAZE ● THOMAS —

C M J N H E C Z X U S Q N L J
G E C Z O X V T R P N L J H E
C A Y W V T Y T R P J N L K N
C H I P P E N D A L E Y N I O
G E C B L K O E Z X F D I W S
U S R X P C S L B O F R K M K
L J U I G E I Y E T E A G D C
B H A Y B B D L X L R H D R A
W U T B S Q E R L P S A O O J
M O O R E N I A P N O W H L K
J H H G F D W C S A N I U Q A

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Aquinas
Becket
Carlyle
Chippendale
Crown
Edison
Hardy
Hart Benton
Hobbes
Hodgkin
Huxley
Jefferson
Moore
Paine
Waller

DINING, TRAVEL & ENTERTAINMENT

CRITIC'S CORNER
By D.NA Smith

Pan's Labyrinth

Running time: 119 minutes
Language: Spanish
(with English subtitles)
MPAA rating: R

"Pan's Labyrinth" is director Guillermo del Toro's masterpiece. A visually stunning, intelligent foray into the madness of fascism and the story of a little girl whose fantasy world is a dark mirror of the horrors of Franco's Spain and its affect on her family.

The film takes place in 1944 at the dawn of Franco's regime. A 10-year-old girl, Ofelia (Ivana Baquero), and her mother travel to an old mill — the site of their new home. The mother has remarried and is pregnant with the child of Captain Vidal (Sergi López), a sadistic soldier who has the job of exterminating the last vestiges of the Resistance.

To escape the oppressiveness of her home, little Ofelia escapes into the forest near the mill, where she awakens a fawn. He tells her that she is the long-lost Princess Moanna. She must reclaim her throne by performing three tasks before the moon becomes full. Each of the tasks increases in difficulty, and with each task Ofelia encounters creatures more fantastic and horrible than the last.

What makes "Pan's Labyrinth" such a compelling film is the way del Toro keeps us guessing. Does the fantasy world actually exist, or is it only the delusion of a tortured child?

Ivana Baquero

This is a beautifully crafted psychological drama that still maintains the trappings of a fantasy film. That del Toro can juggle the two genres while still delivering a commentary on the current political climate by showing us its historical allegory is a stunning achievement.

GRADE: A

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Books

How to Improve Your Marriage Without Talking About It: Finding Love Beyond Words
by Patricia Love, Ed.D., and Steven Stosny, Ph.D.
(Broadway Books, $23.95)
Reviewed by Larry Cox

Patricia Love and Steven Stosny have devoted much of their professional careers in the study of the marriage dynamic. After years of research, they have come up with a truly shocking conclusion, namely that love is less about communication than it is about connection.

Almost every marital relationship hits a difficult patch every so often. Most therapists believe that when this occurs, it's time for a "relationship talk." Not so fast, say Love and Stosny. A heart-to-heart talk doesn't always solve problems, they say. In fact, it might create a deeper divide.

The authors make several other interesting points. For example, they are convinced that male emotions are a great deal like women's sexuality in that you can neither be too direct nor too quick. They also believe that while talking about a relationship may make a woman move closer, it often pushes the man away. The secret of the silent male is the simple fact that his wife is the one who supplies much of the meaning in his life, and he feels no need to discuss this.

Love and Stosny offer what they call a "power-love formula" that can help strengthen a troubled relationship. Based on shared values rather than shared tastes, they recommend hugging six times day for six seconds, holding positive thoughts about the relationship, and making a contract to share your love with both compassion and generosity.

"How to Improve Your Marriage" brims with stories of couples who have turned their marriages around using the suggestions outlined. It also contains sane advice about behaviors that make and break marriages and provides the tools to make positive changes in almost any marriage.

Books reviewed in this column are available online or at your local bookstore.

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Fave Foods OF THE FAMOUS
by Steven Austin

Photo Credit: Tamara Reynolds

Chris Evert

She is one of the greatest athletes of all time, and is revered worldwide for her unmatched grace and boundless commitment to charitable causes. During her amazing 20-year career as a competitive tennis professional, Chris Evert won 157 tour titles, including 18 Grand Slam Championships, and she still holds the tour record for highest winning percentage, with a 1,309-146 won-lost record, which computes to an incredible .899 winning average.

But her on-court legacy is only surpassed by the contributions she has made since retiring from the game in 1989. Raised in Fort Lauderdale, Fla., and a longtime resident of nearby Boca Raton, Evert has raised more than $13 million to fight drug abuse and to assist neglected and abused children in her native South Florida. In addition to her extensive charity efforts, she is also working with Mission Pharmacal Co., the makers of Citracal calcium, to help raise the awareness of osteoporosis and the important role that getting adequate calcium plays in its prevention. To learn more: www.chrisevert.org and www.citracal.com

How has your diet changed over the years from the days of competition?

"I was eating more protein in my competitive days, which helped build muscle. I needed that then. Now I'm not training so hard, so I eat light. Chicken, fish, salads."

A story about enjoying a dinner with another tennis legend.

"Martina Navratilova and I were eating dinner, and I ordered veal. Well, she gave me a one-hour lecture on how they are treated so inhumanely. They are put in small boxes so they can't move much. Therefore, they are not able to build muscle and they don't see light, so their skin stays soft. It was a real education, but it ruined my dinner. I no longer eat veal."

What do pros eat during matches these days? When you were playing they really didn't have so many choices.

"Back when I played, we only had one choice: Gatorade. It replenished electrolytes. These days, the pros eat bananas, energy bars, and energy drinks."

No one really knows it, but you could eat so much "____," they wouldn't believe it.

"'Salty Cape Cod potato chips.' They are the worst thing for me, so I try not to eat them too often. Maybe about once every three months."

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CHRIS EVERT'S SET & MATCH CHICKEN SALAD

- 2 *large boneless chicken breasts*
- 1 *chicken bouillon cube*
- 1 *cup pineapple chunks in own juice*
- 1 *cup chopped celery*
- 1/2 *cup chopped scallions*
- 1/4 *cup dry-roasted unsalted peanuts*
- 1/2 *teaspoon salt*
- 2 *tablespoons chutney*
- 2 *tablespoons lemon juice*
- 1/2 *teaspoon grated lemon rind*
- 1/2 *teaspoon curry*
- 2/3 *cup low-fat, low-cholesterol mayonnaise*

Boil 6 cups of water and add bouillon cube and chicken breasts, simmering until done. Cool chicken and cut into cubes, then mix in bowl with all other ingredients. Serve chilled with crackers or on bread of choice.

Comfort foods
Made fast and healthy
by Healthy Exchanges

Bacon Beer Bread

If you love to make homemade bread in the bread machine, this one is a keeper.

- 3/4 *cup nonalcoholic beer*
- 1/4 *cup water*
- 2 *tablespoons Dijon Country mustard*
- 2 *tablespoons I Can't Believe It's Not Butter Light Margarine*
- 1/2 *teaspoon table salt*
- 3 *cups bread flour*
- 2 *tablespoons Splenda Granular*
- 1 1/2 *teaspoons (one 1/4-ounce package) active dry yeast*
- 1/2 *cup Oscar Mayer or Hormel Real Bacon Bits*
- 1/4 *cup chopped green onion*

In a bread baking pan container, combine beer, water, mustard, margarine and salt. Add bread flour and Splenda. Make an indentation on top of dry ingredients. Pour yeast into indentation. Follow your bread machine's instructions for a 1 1/2-pound loaf. Add bacon bits and onion when "add ingredient" signal beeps. Continue following your machine's instructions.

Remove loaf from machine and place on a wire rack to cool. Cut into 12 slices. Makes one 1 1/2-pound loaf. Serves 12.

• Each serving equals: 146 calories, 2g fat, 6g protein, 26g carb., 348mg sodium, 6mg calcium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch; Carb Choices: 2.

Visit Healthy Exchanges at www.healthyexchanges.com or call toll-free at 1-800-766-8961 for more information about its "common folk" healthy recipes.

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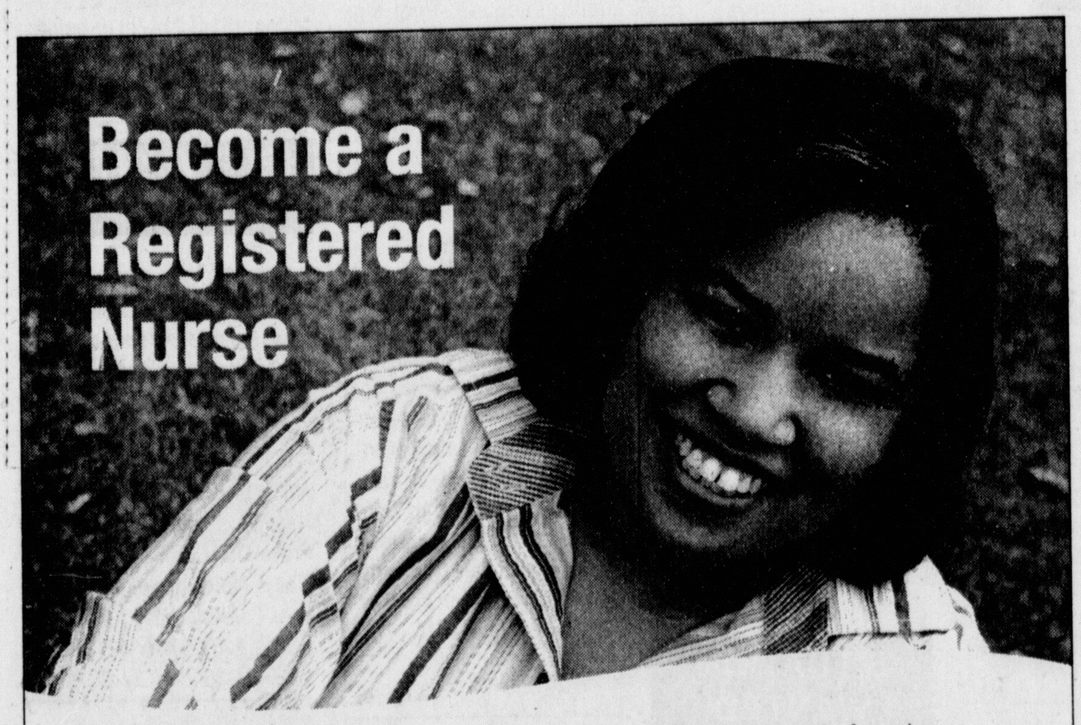

Have you always wanted a career as a Registered Nurse? Has the cost of nursing education kept you from reaching your goal? We may have a solution for you.

Attend the information session below to learn how Sutter Health and Sacramento City College can help you fulfill your goal. Learn about our fast-track program, free enrollment, admission criteria, scholarships and more.

Wednesday, February 7, 2007
6 – 8:00 p.m.
Sutter Center for Health Professions
2700 Gateway Oaks Drive
Sacramento

Space is limited.
RSVP at (916) 924-7797, ext. 2

To learn more, visit us online at checksutterfirst.org or scc.losrios.edu.

Sutter Center for Health Professions
A Sutter Health Affiliate
Sacramento City College

274107A

Good Housekeeping

Chocolate Nemesis

A festive dessert to make ahead.

PREP: 35 minutes plus cooling
BAKE: about 30 minutes
MAKES: 16 servings

- 1/2 *cup water*
- 1 *cup sugar*
- 1 *pound bittersweet chocolate (good quality), chopped*
- 2 *sticks unsalted butter, cut up*
- 7 *large eggs, at room temperature*
- *Softly whipped cream or crème fraîche*
- *Fresh raspberries for garnish*

1. Preheat oven to 325 F. Grease bottom and side of 9-inch springform pan. Line bottom of pan with parchment paper. Dust side of pan with flour. Set pan on wide sheet of heavy-duty foil and tightly wrap foil up outside of pan to prevent water from leaking in during baking.

2. In 4-quart saucepan, heat water and 1/2 cup sugar over medium-high heat until sugar completely dissolves, stirring occasionally. Add chocolate and butter to mixture in saucepan; stir constantly until melted. Remove pan from heat; cool chocolate mixture slightly, about 30 minutes.

3. Meanwhile, in a large bowl, with mixer at high speed, beat eggs with remaining 1/2 cup sugar 6 to 8 minutes or until mixture thickens and triples in volume. With wire whisk, fold warm chocolate mixture into egg mixture until completely blended.

4. Pour batter into prepared springform pan; place in large (17 by 11 1/2-inch) roasting pan and set on oven rack. Pour enough boiling water into roasting pan to come halfway up side of springform pan.

5. Bake cake 30 to 35 minutes or until edge begins to set and a thin crust forms on top. Carefully remove springform pan from water bath and place on wire rack. Cool cake to room temperature. Cover and refrigerate overnight.

6. About 30 minutes before serving, run sharp knife around edge of pan to loosen cake; remove foil and side of pan. Invert cake onto waxed paper; peel off parchment. Turn cake right side up onto platter. Serve with whipped cream and berries.

• Each serving: About 345 calories, 5g protein, 22g carbohydrate, 27g total fat (15g saturated), 1g fiber, 126mg cholesterol, 45mg sodium.

For hundreds of triple-tested Good Housekeeping recipes, visit our Web site at www.goodhousekeeping.com.

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Drop by the Center or visit our website today: www.scc.losrios.edu/westsacramento
Los Rios Community College District

Trivia test
by Fifi Rodriguez

1. MOVIES: What are the O.W.L.s in the Harry Potter movie and book series?
2. LANGUAGE: What does the Latin prefix "brevi" mean?
3. BUSINESS: What does the acronym AMEX stand for?
4. GAMES: How high is the top of the net in men's volleyball?
5. GENERAL KNOWLEDGE: What is the name of the University of Tennessee's mascot, a Blue Tick hound?
6. GEOGRAPHY: What is the capital of Cyprus?
7. FASHION: What is the name of the sash traditionally worn with a kimono?
8. MEDICINE: Hemophilia is an inherited disorder of what?
9. NATURAL WORLD: What is a pompano?
10. LITERATURE: Who wrote the satirical essay "A Modest Proposal"?

Answers

1. Standard tests
2. Short
3. The American Stock Exchange
4. Eight feet above the floor
5. Smokey
6. Nicosia
7. Obi
8. Blood coagulation
9. A type of fish
10. Jonathan Swift

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Animal Attic/Pet Sitting by Patti. Daily & overnight visits. 10 years exper., exc. references. Compassionate. Bonded & insured. Patti, (916) 372-8924.
40

HOMES FOR SALE

VALUE-PACKED OFFERING! This 3 bdrm home has been thoroughly updated. All-new floors, custom paint, new kitchen & bathroom. Over 1100 sf of living space. Also features central heat/air, dual pane windows, insulated walls & an indoor laundry. Don't wait -- see it today! For more info & pictures, go to: www.jeffpuliz.com. 1916 Crown Ave., $259,000. Jeff Puliz, Parkside Property, 916-373-9600, jeff@jeffpuliz.com.
14tfn

SMART, SMOOTH & RAMBLING: This charming 4 bdrm home sits on one very usable acre. Features an open floorplan with over 2,500 spacious square feet of living space. Master bath features dual head shower, separate tub, and a huge walk-in closet. The RV pad has water, power, phone line and sewer dump. New spa is included in sale. PLENTY OF ROOM TO EXPAND! For more info & pictures go to: www.jeffpuliz.com, 3285 Allan Avenue, Priced at $534,000. Jeff Puliz, Parkside Property, 916-373-9600, jeff@jeffpuliz.com.

NEW PRICE! GORGEOUS SOUTHPORT HOME! 2448 Barona St., $493,800! Great 3 bdrm, 2 1/2 bath home built in 2004. Large kitchen w/entertainment nook & fireplace. Formal living & dining room. Master bdrm located on 1st floor. 3-car garage. A must-see! Move in today! JOHN KANE, Parkside Property, 916-373-5300. 'Your West Sacramento Specialist.'

HOME PORT REALTY LISTINGS

We're going to have an early spring! So you need to buy now!

225 15TH STREET: 3 bdrm, 2 bath, PENDING. Perfect home for first-time buyers! It has all the basics with central heat & air, 2 car garage, energy-efficient windows, great location & much more!

501 LILAC LANE: 2 bedrrom/1 1/2 bath, $300,000. This home is HUGE! It features 1,650 sq ft with a big backyard. The addition alone is approximately 800 sq ft with a 1/2 bath.

1301 BONITA COURT: 3 bdrm/1 1/2 bath, $370,000. It doesn't get much better than this! This wonderful home sits in such a desirable area of Westmore Oaks. This 1600 sq ft home includes lovely quaint kitchen, formal dining room & a bonus room with separate fireplace.

1656 LEMONTREE RD: 5 bdrm/2 1/2 bath, $469,900: Beautiful executive home in Newport Estates. It features a formal dining room, living room, family room & breakfast bar and this home's master bedroom & bath are conveniently located downstairs. A great home at a great price!

820 GARNET ST., 3 bdrm/1 bath $289,900: Darling 3 bedroom home with central heat/air, hardwood floors, living room, fireplace, 2-car garage & a huge backyard, all for only $289,900!

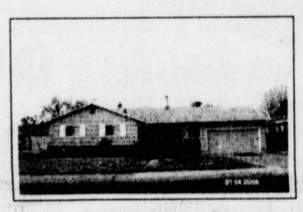
417 11th ST: 2 bdrm/1 bath, $292,000: This is an exceptional home in the State Streets. This home features a remodeled kitchen with new stainless steel appliances, a remodeled bathroom, large bedrooms, open sunny floorplan, fireplace, and new paint inside & out -- and did we mention the beautiful built-in pool?

2865 JANET DR: 3 bdrm/2 bath, with built-in pool $385,000. This home has granite countertops in kitchen, plus new paint inside & out, with new carpet & updated bathrooms.

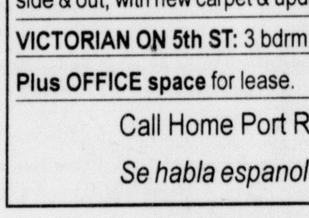
VICTORIAN ON 5th ST: 3 bdrm for rent, $850.

Plus OFFICE space for lease.

Call Home Port Realty, 372-5933
Se habla espanol -- Raul DeAnda



1024 Fernwood Street - $388,800: Modern home in established community. Recently remodeled & updated, 3 bedrooms, 2 full baths, 2 car garage, hardwood floors, granite countertops, central heat/air - $388,800 with Special Financing available. **West Sac Top Broker & Area Specialist - JOHN KANE - 373-5300.**
26tfn



1137 Fernwood Street - $348,800: Sharp updated home, 3 bedrooms, one full bath, two-car garage, central heat/air, granite countertops, stainless steel appliances, hardwood floors, fireplace. $348,800 with Special Financing. **West Sac's Top Broker & Area Specialist - JOHN KANE - 373-5300.**
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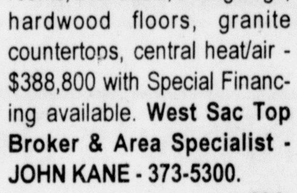


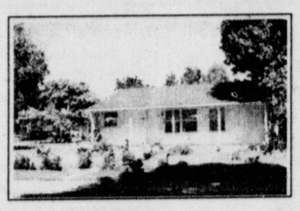
1525 Fernwood Street - 348,800: Great neighborhood for this three bedroom, one full bath updated home located in the heart of West Sacramento, Living Room Fireplace, Central Heat/Air - $348,800 with Special Financing. **West Sac's Top Broker & Area Specialist - JOHN KANE - 373-5300.**
26tfn

FOR SALE BY OWNER: 3 bdrms, 2 1/2 baths, updated kitchen & inside laundry, 2 fireplaces, hardwood floors, 4-car tandem garage, x-large lot, 1/2 block from Westmore Oaks Elem. School. 1164 Fallbrook St., $445,000. 371-1555.
25

COUNTRY HOME IN THE CITY! 1585 Linden Rd., $375,000. Newly listed for sale at a great price! 2 full bath, with garage in very convenient location. Updated & remodeled 1700+ sq.ft. home, formal dining room with custom wood-trimmed windows, tile floor, French sliding doors to a covered patio, massive family room or media room -- could be your home office with vaulted beamed ceiling, built-in bookcases, wainscoting, large kitchen, living room with wood-burning brick fireplace, custom updated bathrooms with tile countertops, tub surround & shower, central heat & air. This home is worth your attention. Call JOHN KANE, 373-5300. 'The Real Estate Doctor.' Parkside Property-Kane Realty.
8tfn

JOHN KANE -- 373-5300
SOLD 5 Homes in 4 Weeks!!
Put a Winner to Work for You.
26tfn

1612 Fernwood Street - $348,800: Home located in quiet Cul-De-Sac, three bedrooms, 2 full baths, one car garage, living room fireplace, central heat/air, covered patio, $348,800 with Special Financing. **West Sac's Top Broker & Area Specialist - JOHN KANE - 373-5300.**
26tfn



NEW PRICE! CLASSIC STATE-STREET HOME! 1726 Alabama Ave., $259,[illegible] 'State Street' ho[illegible] bdrms, 2 full bath[illegible] w/breakfast nook. Newer remodeled bathrooms. Laundry rm, detached 1-car garage. Home does need some TLC & is priced accordingly. Seller will credit buyer $5,000. Call JOHN KANE, 916-373-5300. Parkside Property, 'Your West Sacramento Specialist.'
JK6tfn

319 Bridge Place
$297,000
Unique 1-story condo 1180 sf, 2 Bdrms/2 Ba. Dining rm or 3rd Bdrm. Beautifully remodeled.
Rosie Kane
Parkside Property
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BEST PRICED HOME IN SOUTHPORT! 2785 Shoveler Ct., $338,800. Great opportunity for this lovely 3 bdrm, 2 full bath home in a quiet cul-de-sac location in Southport. Updated & remodeled, new carpet & paint, remodeled bathrooms with custom tile, kitchen/family room combination, living room fireplace, 2-car garage, fully landscaped front & rear, RV access on the right side of the home, new thermopane windows, new blinds plus MORE! JOHN KANE, 373-5300, 'The Real Estate Doctor,' West Sacramento's Real Estate Specialist, Parkside Property & Kane Realty.
JK6tfn

HOMES FOR RENT

HOME FOR RENT: 1518 Maryland (back house), West Sacto. 1 bdrm + den/1 bath, lvg rm, kitchen, laundry hookups, private yard! $900/mo OBO w/application. Call Jeff, (916) 996-6160.
16tfn

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23

2 bed 1 bat. Newly upgraded. Available immediately. Bourn Property Management 916-622-1459 bournpropman@sbcglobal.net
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APARTMENTS

SPACIOUS 2 bdrm apartment 2/back patio for rent, $850/mo + $850 depo. Near IKEA. For further information, please contact George at (916) 849-8028 or Lesley, (916) 952-5947.
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***

All work that is worth anything is done in faith.
—Albert Schweitzer

***

Have no fear of perfection, you'll never reach it.
—Salvador Dali

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COMMERCIAL/ INVESTMENT REAL ESTATE

1/2 ACRE on the Sacramento River, $550,000! Yes, a half acre at 213 2nd St. on the Sacramento River. 40' wide & 335' deep with river frontage. Unique zoning & a unique property in the path of future develop. West Sacramento's Real Estate Specialist. 'The Real Estate Doctor.' JOHN KANE, 373-5300, Parkside Property - Kane Realty.
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1536 Sacramento Ave. - $218,000. 1/2 ACRE OF COMMERCIAL LAND. Almost a 1/2 acre of commercial land zoned C-2. A corner lot made up of three lots -- 150 feet frontage on Sacramento Ave. & 100 feet deep. Ready for development. Minutes to freeway. Call 'The Real Estate Doctor.' The West Sacramento Specialist. JOHN KANE, 373-5300. Parkside Property & Kane Realty.
JK6tfn

INVESTOR SPECIAL - SIX RENTAL UNITS, 1621 Sacramento Ave., $350,000. Fantastic investment opportunity for six rental units. 1 2-bdrm, 1-bdrms, gross rents over $31[illegible] asking price of $3[illegible], sold 'in present condition.' You will not find a better price. Call 'The Real Estate Doctor,' The West Sacramento Specialist, JOHN KANE, 373-5300. Parkside Property & Kane Realty.
JK6tfn

SITUATION WANTED

Do you have a little extra space on your property? Responsible person can bring mobilehome to live in, and can pay rent or help maintain property or provide personal care. References provided. Call Lorraine, 372-7614.
26

Senior, looking to supplement income, seeks light duties. Will shop, take to medical appt., pet-sit, house-sit, clean, organize your garage. Caretaker/caregiver. Call Eddie, (916) 583-0040.
26

BUSINESS OPPORTUNITY

LAWN CARE SERVICE FOR SALE: Est. route in West Sac. $1500 gross monthly for 20-25 hrs/week. Selling route $13,000 or sell partial route. Training/equipment available. (916) 284-6905.
28

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27

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A CASH COW!! 30 Vending Machines/You Approve Each Location. Entire Business - $10,970. Hurry! 1-800-836-3464. (Cal-SCAN)

ALL CASH CANDY Route. Do you earn $800 a day? 30 machines and candy for $9,995. MultiVend LLC, 880 Grand Blvd., Deer Park, NY. 1-888-625-2405. (Cal-SCAN)

LEARN TO BUY Foreclosures, tax liens, and rehabs for pennies on the dollar. Mentor walks you through each deal A-Z to insure SUCCESS. 1-800-433-4556. (Cal-SCAN)

START YOUR OWN Landscape Curbing Business- High Demand. Low Overheads. High Profit. Training Available. Priced from $12,000. 1-800-667-5372. www.EdgeMaster.net (Cal-SCAN)

HELP WANTED

Clerk/Sr - City of West Sacramento. $2155-2893/mo dep on pos + excnt bnfts. For complete info, send SASE, indicating position to HR, 1110 W Capitol Ave, W. Sacto, CA 95691 or visit www.cityofwestsacramento.org. FFD: 5pm, 2/23/07. NO POSTMARKS.
26

Swimming - City of West Sacramento. Lifeguard-Pool Mgr. $8.11-14.37, dep on position. For complete info, send SASE, indicating position to HR, 1110 W Capitol Ave, W Sacto, CA 95691 or visit www.cityofwestsacramento.org. Open until filled.
26

BE YOUR OWN BOSS
and increase your income in a large, people-oriented organization. Looking for selective, service-minded self-starters. We offer on-the-job training and were voted by Sacramento Magazine readers as "Best Real Estate Company. Call Leslie Bolton at Lyon Real Estate today at (916) 375-8060.
2007-19

Maintenance WOrker & Chief for City of West Sacramento. $2834-3445/mo - CHief $3512-4269/mo + exclnt bnfts. Req's min HS dipl or equiv + 1 yr FT exper. Chief req's HS dipl or equiv + 5 yrs + Calif D2 certi. For complete info, send SASE, indicating position to HR, 1110 West Capitol Ave., W. Sacto. CA 95691 or visit www.cityofwestsacramento.org. FFD: 5pm, 2/23/07. NO POSTMARKS.
26

AREA REPRESENTATIVES NEEDED for highly reputed student exchange organization. Volunteer basis with cost reimbursement. Send resume or request for info to Karen Johnson at Karen.asse@comcast.net. (Cal-SCAN)

HELP WANTED / SEASONAL

PRINCESS TOURS RAIL Services hiring for summer season in Alaska. Tour Guides, Food and Beverage, Maintenance and Retail Staff needed May-Sept. www.princessjobs.com EOE. (Cal-SCAN)

HELP WANTED/ DRIVERS

ACT NOW! 21 CDL-A Drivers Needed. * 36-43cpm/$1.20pm * $0 Lease New Trucks. CDL-A +3 months OTR. 1-800-635-8669. (Cal-SCAN)

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Car washing/detailing experience preferred, not necessary. Pay starts $8/hour or higher depending on experience & performance. Mobile detailing service, Sacramento area. Call Milton, (916) 214-2819 before 8am or after 4:30pm.
25

HELP WANTED/ SALES

A COOL TRAVEL Job. Now hiring 18-24 individuals to work and travel entire USA. Paid training, transportation and lodging furnished. Call today, Start today. 1-877-646-5050. (Cal-SCAN)

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LAND FOR SALE

1ST TIME OFFERED - 40 acres - $39,900; 80 acres - $69,900. Near Moses Lake, WA. 300 days of sunshine. Mix of rolling hills and rock outcroppings. Excellent views, private gravel roads, ground water and easy access! Financing available. Call WALR 1-866-585-5687. (Cal-SCAN)

WYOMING RANCH DISPERSAL 35 acres - $59,900; 75 acres - $108,900. Snow-capped mountain views. Surrounded by

gov't land. Abundant wildlife. Recreational paradise. Low taxes. EZ Terms. Call Utah Ranches, LLC. 1-888-703-5263. (Cal-SCAN)

IMPERIAL COUNTY TAX SALE: 187 Tax Defaulted Properties. Minimum Bids as low as $625. All No Reserve Auctions. Preview Now!!! Bid Online: February 17-21; www.Bid4Assets.com/PCA4 (Cal-SCAN)

INVESTOR'S DREAM: Need equity cash at closing? Close your deal with no out of pocket costs and get $10K-$25K+ at closing! Listed/FSBO's OK. 680+ Credit Score Required. Call 24hr: 1-800-777-5821; 1-479-855-4222. (Cal-SCAN)

ARIZONA's - BEST BARGAIN - 36AC - $59,900. Perfect for private retreat. Endless views, beautiful setting w/fresh mountain air. Abundant wildlife. Secluded with good access. Financing available. Call AZLR 1-877-301-5263. (Cal-SCAN)

OWN PREMIER TEXAS Hill Country Land. 2-5 Acre Homesites with Riverfront. Available in Bandera, TX. Visit: BridleGateRanch.com Or call: 866.522.5263 X282. Warning: The California Department of Real Estate has not inspected, examined or qualified this offering. (Cal-SCAN)

NEW MEXICO - FIRST Time Offer. Adjacent to Lake Sumner. 10 acres - $15,900. Rare riverfront property in NM. Incredible setting, including frequently running Pecos River, views and diverse topography. 5 minutes to Recreational Lake. Limited number of small ranches. Excellent financing. Call NML&R, Inc. 1-888-204-9760. (Cal-SCAN)

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SAWMILLS FROM ONLY $2,990.00—Convert your Logs to Valuable Lumber with your own Norwood portable band sawmill. Log skidders also available. www.NorwoodIndustries.com - Free Information: 1-800-578-1363 x300-N. (Cal-SCAN)

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I BUY MORTGAGE NOTES, Trust Deeds, AITD'S, Land Contracts. Get all cash today. Top Dollar, no red tape. Call Mel. Days: 800-843-1111 Evenings: 323-936-2000. (Cal-SCAN)

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NOTICE OF TRUSTEE'S SALE TS No. 06-23268 Doc ID #000927255822005N Title Order No. 3131790 Investor/Insurer No. 092725582 APN No. 014-460-12-1 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 05/24/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Notice is hereby given that RECONTRUST COMPANY, N.A., as duly appointed trustee pursuant to the Deed of Trust executed by KENNY FRANK, AN UNMARRIED MAN, dated 05/24/2005 and recorded 05/26/05, as Instrument No. 2005-0024786-00, in Book, Page), of Official Records in the office of the County Recorder of Yolo County, State of California, will sell on 02/28/2007 at 12:00PM, At the rear (North) entrance to the City Hall Building, 1110 West Capitol Avenue, West Sacramento, CA at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 1645 CITRUS STREET, WEST SACRAMENTO, CA 95605. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is $291,766.19, it is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. DATED: 02/02/2007 RECONTRUST COMPANY, N.A. 1757 TAPO CANYON ROAD, SVW-88 SIMI VALLEY, CA 93063 Phone: (800) 281 8219, Sale Information (805) 578-6618 By: Trustee's Sale Officer RECONTRUST COMPANY, N.A. is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. ASAP# 818693 02/07/2007, 02/14/2007, 02/21/2007

INVITATION TO BID

Sealed proposals will be received at the office of the Director of Community Development, 1110 West Capitol Avenue, 2nd floor, West Sacramento, California 95691, until 2:00 pm local time on February 20th at which time and place they will be publicly opened for the construction of Baseball Netting Project

Located at the Corner of Bridgeway Lake Drive and Southport Parkway.

Optional Site Walkthrough: A site walkthrough is scheduled on the following date:

- **Thursday, February 8, 2007 at 2:00pm**

The site walkthrough is offered as an opportunity to view site conditions and meet City Facilities Development Division staff assigned to the project.

Description of Work: The work will consist of the construction of a retractable baseball netting structure, and all related components & accessories necessary to complete the project. The Contractor is responsible to provide all required engineering and obtain all required permits. City will refund actual permit fees paid. Contractor to coordinate with the City Building Department for the required plan sets. Contractor to supply plans, engineering & structural calculations & details. The pole spacing, diameter, quantity, and footings are to be determined by engineering calculations. Poles must be galvanized and thirty feet (30') high above grade. The netting will have a retractable system, begin 7 feet off the ground and continue to the top of the poles. The netting shall be standard baseball netting #36 knotted netting with 1 ¾"X 1 ¾" mesh, latex treated and UV treated. The netting system shall be 130 feet in length and 23 feet high. In addition, the work includes the replacement of any permanent and temporary facilities removed or damaged as a consequence of the execution of this Contract.

Completion of Work: All construction work shall be completed within Fifteen (15) working **days** from the date designated on the **Notice to Proceed**.

Obtaining Bid Documents: A copy of bid documents may be obtained at the office of the Director of Community Development, 1110 West Capitol Avenue, 2nd floor, West Sacramento, California 95691. A copy of bid documents may be obtained at the office upon request and payment of $10.00 or may be mailed upon request and payment of $15.00. The amount of the payment is non-refundable.

Bid Guarantee: Each proposal must be accompanied by cash, a cashier's check, certified check or bid bond, executed on the prescribed form, in an amount not less than ten (10) percent of the total bid price payable to the City of West Sacramento. The Proposal Guarantee must be enclosed in the same envelope with the Bid.

A Bidder's Bond will be accepted only if it is made out on either the Bidder's Bond form enclosed in these documents or on a form which conforms to it.

The Attorney-in-Fact (resident agent) who executes the Bidder's Bond on behalf of the surety company must attach a copy of his Power of Attorney as evidence of his authority. A notary shall acknowledge the power as of the date of execution of the surety bond which it covers.

Bidders are hereby notified that in accordance with the provisions of Government Code Section 4590, securities may be substituted for any monies which the City may withhold pursuant to the terms of this Contract to ensure performance.

Construction License: The successful bidder must possess a current a **Class "B" General Contractor's License** issued by the State of California.

Award: The award shall be made to the lowest responsible bidder for the **base bid**, whose proposal complies with the specified requirements and according to the "selection policy and criteria" outlined below. The award of Contract will be made by the Director of Community Development, and the Contractor shall execute the Contract within ten (10) days after he has received the Contract from the City.

No bid may be withdrawn for a period of Sixty (60) days after the opening of bids.

Wage Rates: Bidders are hereby notified that the California Director of Industrial Relations has determined the general prevailing rate of wages for each craft, classification, or type of worker needed to execute the work.

It shall be mandatory for the Contractor and any subcontractor under him to pay not less than the said specified rates to laborers and workmen employed by them in the execution of the Contract.

Copies of the prevailing rate of per diem wages may be obtained from the Department of Industrial Relations, P.O. Box 420603, San Francisco, CA 94142-0603, Attn: Chief, Division of Labor Statistics and Research.

Jan 31 Feb 7

Statement of Abandonment of Use of Fictitious Business Name
Filed Jan. 11 2007
2001-741

The following fictitious business name: Cloth Carousel, whose principal place of business was 9 Main Street, Winters CA 95694, Yolo County, which was originally filed in Yolo County on August 2001 is being ABANDONED by the registrants listed below:

Laurie A. Sengo, 5020 Wolfskill Rd., Winters CA 95694, Solano County; Diane Salera, 2452 Sawgrass Ct., Fairfield CA 94534, Solano County..

/s/Diane Salera
/s/Laurie A. Sengo

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Jan. 11, 2007
by: /s/Eleigh Fagel, Deputy Clerk

Jan 24 31 Feb 7 14

Fictitious Business Name Statement
Filed Jan 17, 2007
File No. 2007-0055

The following person is doing business as Vertis Communications, 1401 Halyward Drive, #110, West Sacramento CA 95691:

Vertis Inc., a Delaware corporation, 250 West Pratt Street, Baltimore, MD 21201.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on 7/17/2006.

/s/John V. Howard, Jr., Secty.
Vertis, Inc.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Jan. 17 2007
by: /s/Sara Pfeifle, Deputy Clerk

Jan 31 Feb 7 14 21

Fictitious Business Name Statement
Filed Jan 10, 2007
File No. 2007-31

The following person is doing business as Berezka Market; Berezka; Berezka European Market, 958 Sacramento Ave., West Sacramento CA 95605:

Vasiliy Berezenko, 10056 Nebula Way, Sacramento CA 95827.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 1/10/07. Previous fictitious business name number 2004-1090.

/s/Vasiliy Berezenko

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Jan. 10 2006
by: /s/Valerie Clinton, Deputy Clerk

Jan 24 31 Feb 7 14

Fictitious Business Name Statement
Filed Jan 17, 2007
File No. 2007-053

The following person is doing business as Cut It, 1950 Channel Dr., West Sacramento CA 95691:

Elaine Austerman and Robert C. Austerman, same address.

This business is conducted by Husband and Wife.

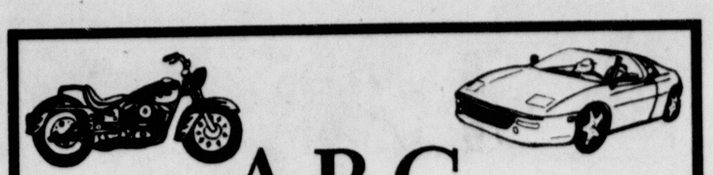
The registrant commenced to transact business under the fictitious business name or names listed above on 1/17/07.

/s/Elaine Austerman
Robert C. Austerman

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Jan. 17 2007
by: /s/Sara Pfeifle, Deputy Clerk

Jan 31 Feb 7 14 21



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118

Growing Needs Of Veterans Identified

(NAPS)—Ingenious ways to honor our troops have been devised by one group of veterans.

They know that veterans are increasingly facing medical problems, unemployment and, in some cases, homelessness, because of shortfalls in the services they were promised when they entered the military. Fortunately, Congress and the federal government can eliminate many of these problems if they implement the recommendations outlined in "Voices for Action: A Focus on the Changing Needs of America's Veterans."

The report was compiled by AMVETS and is the first document of its kind to address specific problems in the nation's veterans' benefits system from the perspective of veterans. It's based on input from hundreds of participants from across the country who attended the National Symposium for the Needs of Young Veterans. Among their recommendations are providing sufficient staffing and resources to:

- eliminate the continuing backlog of disability claims
- develop an e-filing system to expedite claims processing
- expedite the processing of education payments so that students receive payments within 35 days of submitting their claims.

The report also calls for the development of a transferable skills matrix to help employers better understand how individuals with military training and related job skills can benefit their businesses.

The "Voices for Action" report is available for download at www.veteransnational symposium.org.

Did You Know?

(NAPS)—Nearly 40 percent of workers will change jobs in the next 12 months. For interview tips, visit the Spherion Career Center at www.spherion.com/careers. To ask questions about interviewing or talk with other job seekers, visit www.spherion.com/careerblog.

* * *

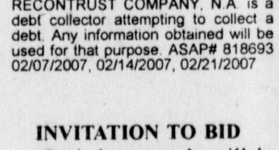
The Funeral Rule, enforced by the FTC, makes it possible for you to choose only those goods and services you want or need and to pay only for those you select. For more information, visit www.ftc.gov/funerals.

* * *

Originally known as "the forbidden fruit," grapefruit has become a staple at American tables—but it's popular around the world as well. For a list of exotic grapefruit recipes, visit www.texasweet.com or write to Texa-Sweet Citrus Marketing, Inc., 901 Business Park Drive, Suite 100, Mission, TX 78572.

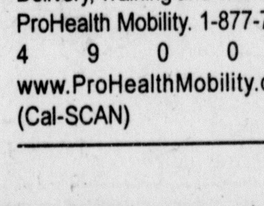
Joining us

Marc L. Concepcion, D.O.
James F. Lee, M.D.
Susan Rosten, F.N.P.
Tari Smith, P.A.
Kim Hernandez, P.A.



River Bend Medical Associates, Inc.

* *makes good sense*



2101 Stone Blvd., Suite 190
West Sacramento, CA 95691
(916) 371-4939

River Bend Medical Associates invites you to join us at our beautiful new state of the art medical facility located in the new Parkstone Medical Building.

- Fully staffed state of the art medical facility
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- Lab & physical therapy in the building
- Flexible appointment times including evenings
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Property Management
Bill Shower, Owner
(916) 371-1870 ■ Fax: (916) 371-4929
1112 Jefferson Blvd., W. Sac. CA 95691
Email: rentals@ssproperty.com

Local Scene

Crab feed

Holy Cross School will hold a crab feed dinner, beginning with no-host bar at 6 p.m. followed by dinner at 7, a raffle at 8, and dancing from 9 p.m. to midnight on February 17. $35/person. Call 371-1313 for tickets or information.

Kindergarten

Our Lady of Grace School will accept registration for 2007-2008 kindergartners at 6 p.m. on Thursday, Feb. 22, at the school library. Bring a state-issued birth certificate, baptism certificate if applicable, and a $275 registration fee. Child must be age five by Sept. 1. Visit www.olgwestsac.com.

Bingo for Baskets

The West Sacramento Soroptimists will host "bingo for baskets" and lunch on Sun., Feb. 11, at the Veterans of Foreign Wars Post at Drever Street. Cost is $15 before Feb. 11 or $17 at the door. Lunch (at noon) will be followed by 15 games at 12:30. Proceeds benefit local service projects, and prizes are valued at $35-50. Bring a friend and your dauber. Call 371-4268 for tickets.

Art Guild

The West Sacramento Art Guild will meet next on Tuesday, Feb. 30 at 2:30 p.m. at the senior center, 664 Cummins Way. The public is welcome.

Crab Feed

VFW Post 8762 at 905 Drever Street will hold a crab feed and DJ dancing on Saturday, Feb. 17. $30 donation. Call 371-7245 for information.

RCHS parents

Parents of River City High School's Class of 2011 are invited to learn about the school's athletics, programs, policies and other information at a special informational night at 6:30 p.m. on February 13 in the school cafeteria. Translators for Spanish and Russian will be on hand. Call 375-7800 for information.

Valentine's Day

Children age five and up are invited to a Valentine's Day program at 2 p.m. on Sat., Feb. 10, at the library, 1212 Merkley Avenue. There will be stories and arts-and-crafts involving the making of a Valentine's card. Program will last one hour and is sponsored by the Friends of the Library. Call 375-6465.

Flag retirement

Veterans of Foreign Wars Post 8762 will hold an American flag retirement ceremony at 9 a.m. on Sat., Feb. 24, 905 Drever Street. Bring your aged and worn flag to the post before that date, and it will be properly retired and disposed of.

Open house

The West Sacramento Historical Society Museum and Visitors Center will celebrate its second year of operation with an open house from 2-4 p.m. on Feb. 25. The public is welcome, and the museum is located at 324 Third Street. Call 374-1849 for information. The museum will also host Theresamary Johnson, president of the Older Women's League of California, for a talk on issues facing older women at 2 p.m. on Sunday, Feb. 18. Doors open at 1:30 p.m. and refreshments will follow the talk. Call 372-5117 for information.

4H Club

The West Sacramento 4-H Club will plan its yearly activities and sign up new members at a meeting at 6:30 p.m. on Tuesday, Feb. 13, at the library, 1212 Merkley Avenue. Adult volunteers are also sought. Call Bessie Orndoff, 371-6412, or the Yolo County 4-H office, (530) 666-8703.

'Friends' dinner

The 46th annual dinner of the West Sacramento Friends of the Library is scheduled for Feb. 27 at the VFW Hall, 905 Drever St. Social hour starts at 6 p.m. and dinner is at 6:30. Cost is $10, and tickets are available for the public as well as for members. Special guest speaker is Angel Cardenas, River City High School graduate and current traffic reporter for News 10. Reservation information has been mailed to members and is also available at the library, 1212 Merkley Avenue. Send reservation/check to West Sacramento Friends of the Library, PO Box 692, West Sacramento, CA 95691 by Feb. 20. For information, call 371-4877.

Blood drive

Donate blood Sunday, Feb. 18, between noon and 4 p.m. at the BloodSource van near the Round Table Pizza at 2105 Town Center Plaza (Nugget Center). Donors will receive a coupon for a free personal one-topping pizza from Round Table. If you're in good health, free of cold symptoms for at least 48 hours, at least 17 years old (16, with parental consent) and weigh at least 110 pounds, you're invited. Bring a photo ID. For information, call 376-6010.

RCHS boosters

The River City Athletics Parent Booster Club will meet Wed., Feb. 7, in the high school's teachers lounge at 6:30 p.m. If you are a current member of the club, or are interested in helping to support River City High athletics, you're invited.

Old electronics

Drive-through and off-load your old TVs, computer monitors, CPUs, printers, cell phones, faxes and other electronic items legally and safely, at the E-Waste Recovery recycling event between 9 a.m. and 2:30 p.m. Feb. 9, 10 & 11 at Raley Field. These toxic products will be unloaded from your car at no charge by staff, and kept out of landfills. For information, visit www.ewaste411.com.

The stage beckons

If you've ever thought about performing in a play on stage, consider the next acting workshop scheduled by the West Sacramento Community Theater, Wednesday evenings from 7-8:30 p.m. from Feb. 21 through April 25 at the Collings Teen Center on Merkley Avenue. Cost is $7 per class or $60 for the 10-week course. Financial assistance available. Call 372-0395 for information on the classes, or 375-22673 for information on cost/payment. Visit www.westsactheater.com.

Preventing falls

Falling is a leading cause of injury among the elderly. Learn how to better stay on your feet, at a talk by physical therapist Neil Hershberger of Sutter Medical at the West Sacramento Senior Center, 664 Cummins Way, at 10:30 a.m. on Tuesday, Feb. 20. Call 373-5819 to reserve a seat.

'First lady' of deaf

The West Sacramento Senior Center has arranged cable-casting of 'Fingers that Tickle and Delight,' featuring Evelyn Zola, named America's 'Deaf Senior of the Year' in 1992. She died in 2003 at age 79. The program showcases her skill as a teacher, storyteller and comedienne. Closed captioned, the show airs daily on Charter Cable TV channel 21 at 6:30 p.m. and 11:30 p.m.

Christian seminars

Trinity Presbyterian Church's 'Alpha Course' begins Feb. 11 at 5:30 p.m., meeting once a week and including dinner, a video presentation, and discussion on issues such as 'Is Christianity Relevant?'. No commitment, no fee, childcare available on request. RSVP to 371-5875. The church is located at 1500 Park Blvd. For information, call 371-5875 or visit www.TrinityAlpha.com.

Household waste

Get your 'household hazardous waste' out of your garage and drop it off for safe disposal at no charge between 9 a.m. and 2 p.m. this Friday and Saturday, Feb. 9-10. Items accepted include batteries, used motor oil & filters, cleaning supplies, lighter fluid, antifreeze, aerosol cans (no empties), pesticides/herbicides, latex or oil-based paints, fluorescent bulbs, mercury thermostats, and electronics including TVs and computer monitors. If you can't drive, call 1-800-433-5060 to ask for a pickup. Items that may be reused (such as paint & cleaners) will be given away free from the landfill from 9-11 a.m. on Feb. 17. Small businesses, call 1-800 433-5060 for information on business wastes. Visit www.yolocounty.org/recycle.

Parenting strategies

Parenting techniques emphasizing "positive discipline and ongoing respectful relationships" are the focus of seminars from 6-8 p.m. on Feb. 6, 8, 13, 15, 20 & 22 at the county building, 500A Jefferson Blvd. (at Triangle Court). Facilitated by Dana McKnight. No cost. Please, no children in class. For information, contact Cherie Schroeder at (530) 661-5772 or visit yolofostercare.com.

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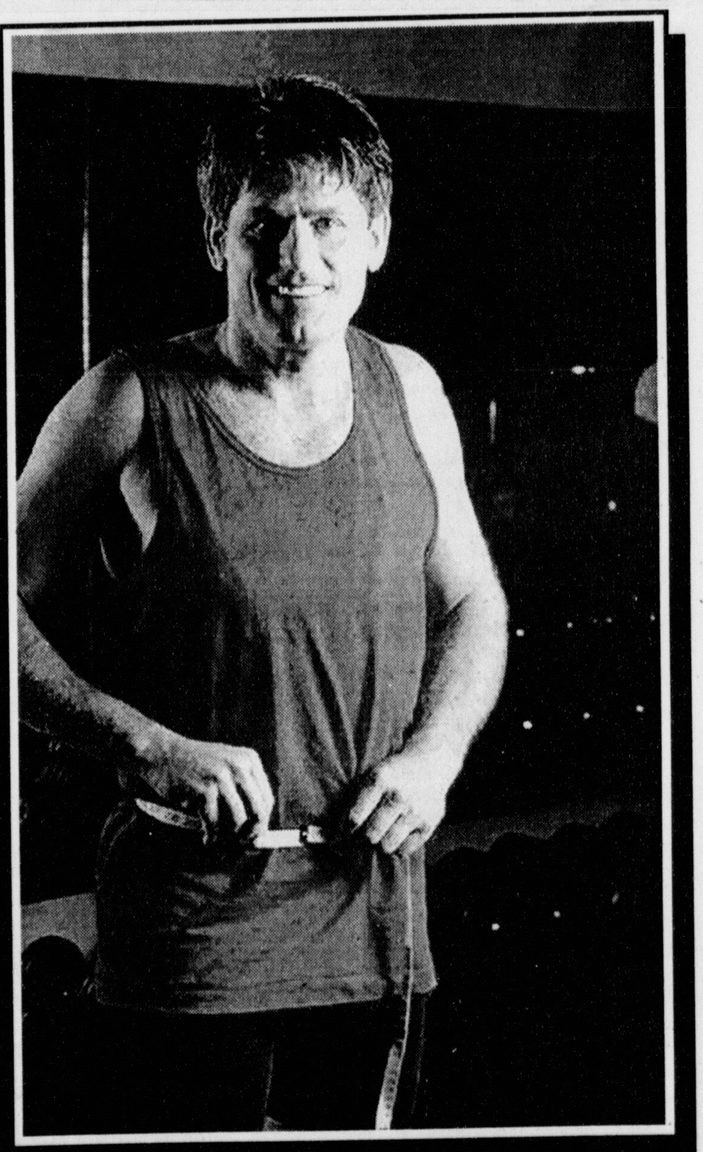
NOW OPEN!
'The Sandlot' indoor batting cages are now open at 2949 Promenade in West Sacramento!
www.sandlothits.com or 372-8545 for hours & directions.

15TH Street Fitness



New Year.
New Resolutions.
New Pant Size.
No initiation or processing fee.
3 months for just $99!
For more information, call (916) 374-9100.
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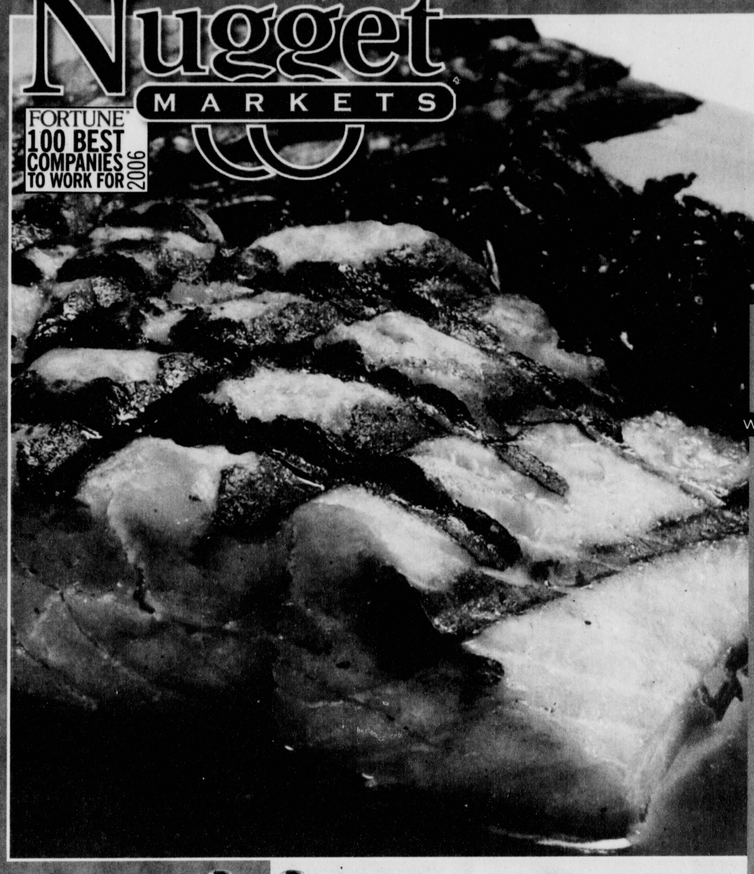
Nugget MARKETS

FORTUNE 100 BEST COMPANIES TO WORK FOR 2006



FRESH TO MARKET
WHERE QUALITY & PRICE MATTER

Wild Sockeye Salmon Fillets

A culinary versatile fish.

Baked, roasted orsteamed, Salmon combines well with rice, red potatoes, garlic mashed potatoes, fresh green beans and sautéed squash. Previously frozen.

Stop Sign Savings...6.00 Lb.

7.99 lb.

Piper-Heidseick Brut

750 ml. Bottle

Stop Sign Savings...17.99

22.99

Earth & Vine Mainades

Selected Varieties.
12 oz. Bottle

Stop Sign Savings...50¢

5.99

Häagen•Dazs Ice Cream

Selected Varieties.
One Pint Carton

Save 2.98 on 2

2 for $5

Sara Lee Bread

Old Fashioned Potato or 100% Multi Grain.
24 oz. Loaf

Save 2.58 on 2

2 for $5

Hero Preserves

Selected Varieties.
12 oz. Jar

Stop Sign Savings...1.00

2.99

Naturally More Peanut Butter

16 oz. Jar

Save 2.98 on 2

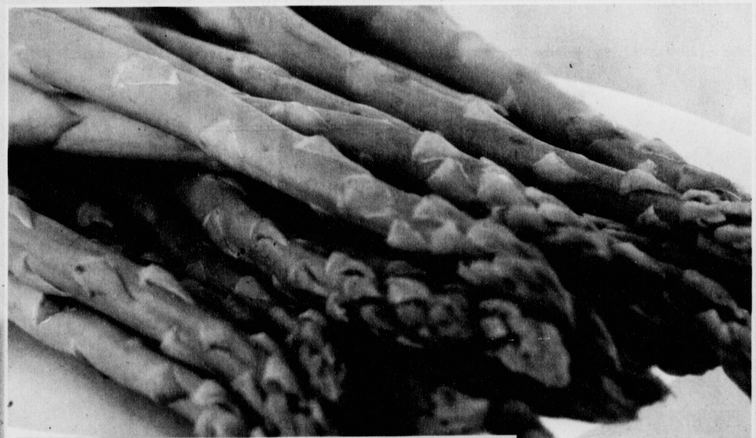
2 for $7

Nugget Gourmet Coffee

Selected Varieties.
16 oz. Package

Stop Sign Savings...2.00

7.99



Better Than BOGO

Betty Crocker Cake Mix

Selected Varieties.
18-21.5 oz. Package

Stop Sign Savings...1.50

99¢

Better Than BOGO

Fresh Imported Asparagus 1.88 lb.

Tall and tender apple green spears.

Save 3.11 lb.

FEBRUARY 2007 AD STARTS WEDNESDAY

WED	THU	FRI	SAT	SUN	MON	TUES
7	8	9	10	11	12	13

Limit of 4 on all advertised specials, unless otherwise stated.

WHERE QUALITY & PRICE MATTER

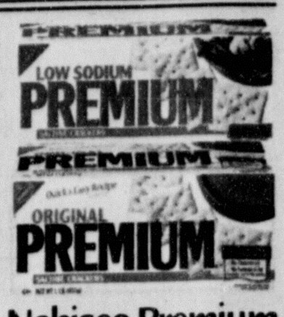
All Stop Sign Savings are limited to 4 items per household through the sales effective dates unless otherwise noted. We reserve the right to limit individual purchases to four packages of any item for sale, except items where otherwise noted. Sale items are not available to any commercial dealer or wholesaler. Items are subject to stock on hand. All items not available at all stores. Photos & illustrations are for display purposes only and do not necessarily depict items that are on sale. We reserve the right to correct all printed and/or typographical errors. This advertisement was created for Nugget Markets by Daly Design, Sacramento, CA. ©2007

GROCERY

Bigelow Tea
Selected Varieties.
20 Count Package
Save 1.18 on 2
2 $6 for

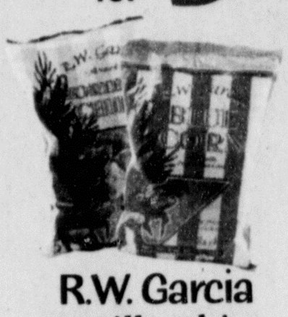
Mother's Cookies
Selected Varieties.
8.5-16 oz. Package
Save up to 2.18 on 2
2 $5 for

Dare Crackers
Selected Varieties.
7-8.8 oz. Package
Save 1.98 on 2
2 $5 for



Nabisco Premium Saltine Crackers
Selected Varieties.
16-16.5 oz. Package
Stop Sign Savings...60¢
1.99

Lundberg Rice Chips
Selected Varieties.
6 oz. Bag
Save 2.18 on 2
2 $3 for



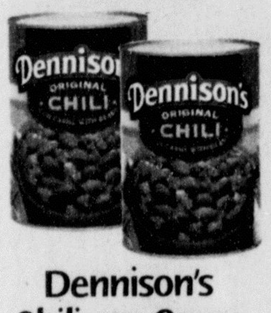
R.W. Garcia Tortilla Chips
Selected Varieties.
8-14 oz. Bag
Save 98¢ on 2
2 $5 for

Special K Cereal
Selected Varieties.
12-16.7 oz. Package
Save up to 3.78 on 2
2 $6 for

Baker's Angel Flake Coconut
7 oz. Package
Stop Sign Savings...94¢
1.85

Kikkoman Pearl Organic Soy Milk
Selected Varieties.
32 oz. Aseptic
Save 4.16 on 4
4 $5 for

Mezzetta Pepperoncini
45 oz. Jar
Stop Sign Savings... 1.70
2.99



Dennison's Chili con Carne with Beans
40 oz. Can
Stop Sign Savings...99¢
2.99

Colombo Bread
Selected Varieties.
10-24 oz. Package
Save up to 3.78 on 2
2 $4 for

A.1. Seafood Sauce
Selected Varieties.
16 oz. Bottle
Stop Sign Savings... 2.30
2.49

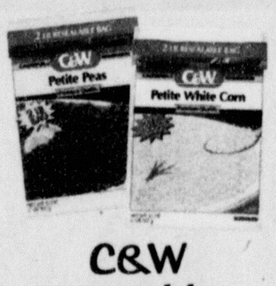
Morton Sea Salt
Selected Varieties.
17.6 oz. Canister
Stop Sign Savings.... 50¢
1.79

Knorr Pasta Sauce
Selected Varieties.
.5-1.6 oz. Package
Stop Sign Savings.... 50¢
1.49

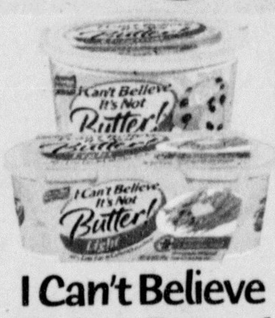
Michael Angelo's Entrees
Selected Varieties.
12 oz. Package
Save 3.58 on 2
2 $6 for

Armanino Stuffed Pasta
Ravioli or Tortellini.
Selected Varieties.
16 oz. Package
Stop Sign Savings.... 70¢
2.79

Armanino Pesto Sauce
7 oz. Package
Stop Sign Savings... 1.30
1.99



C&W Vegetables
Petite White Corn, Whole Beans or Petite Peas.
28-32 oz. Bag
Save 2.18 on 2
2 $7 for

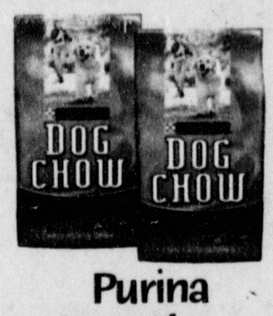


I Can't Believe It's Not Butter!
Selected Varieties.
15 oz. or 2/7.5 oz. Tubs
Stop Sign Savings...30¢
1.79

Vanity Fair Napkins
100 Count Package
Stop Sign Savings.... 39¢
1.99

Friskies Buffet Cat Food
Selected Varieties.
5.5 oz. Can
Stop Sign Savings.... 29¢
49¢

Jonny Cat Cat Litter
Selected Varieties.
10 Lb. Bag
Stop Sign Savings.... 80¢
1.99



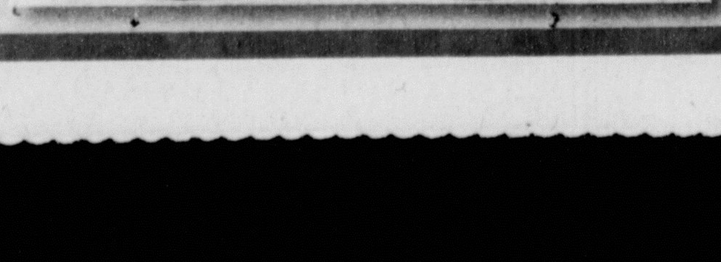
Purina Dog Chow
22 Lb. Bag
Stop Sign Savings... 2.99
7.99

NATURAL LIVING

DreamTime Healing Heart Cranberry Velvet Nurture Pillow

DreamTime's Healing Heart Nurture Pillow provides nurturing warm therapy for all your loved ones. Heat in the microwave and place on your tummy, back, chest or any other area in need of a warm, loving heart. A great gift for any holiday, especially Valentine's! Single Count

Save up to:
15% off


Sensuous Beauty
Lovers Sampler Collection
Tropic of Love Love Balm
Men's Pleasure Cream Excite-Mint
Chocolate Raspberry Body Paint
White Chocolate Macadamia Body Paint
Enchanted Amber Sensual Massage and Body Lotion

For the Lovers Sampler Kit

Made with fresh, luscious and expertly combined ingredients, this beautifully packaged collection features eight deliciously sensual products from the Love Nectar Potions Line.

Save up to:
15% off

Chocolate Cherry

Nugget's own hand-shaped sourdough bread enhanced with Guittard French-style semi-sweet chocolate, tart cherries and a dusting of snow sugar. A wonderful blend of sweet, tart and sour that is every bit as complex as a great relationship!

Stop Sign Savings...50¢
2.99

Rosso Lambr

Forget what you h
have heard about
Lambrusco! This
is a well-made, fr
sparkling wine wi
dark cherry flavo
serve slightly chil
750 ml. Bottle

Duraflame Firelogs
Selected Varieties.
5-6 Lb. Package
Save 2.98 on 2
2 $5 for

Progresso Soups
Selected Varieties.
18-19 oz. Can
Save 2.47 on 3
3 $5 for

Classico Pasta Sauce
Selected Varieties.
16-26 oz. Jar
Save 3.98 on 2
2 $4 for

San Pellegrino Sparkling Mineral Water
25.3 oz. Bottle
Stop Sign Savings...64¢
1.25 +crv

erry Boulot

Rosso Della Regina Lambrusco

Forget what you may have heard about Lambrusco! This is a well-made, fruity sparkling wine with dark cherry flavors; serve slightly chilled. 750 ml. Bottle

Stop Sign Savings...2.00

8.99

Fritos or Cheetos Snacks

Selected Varieties. 8.5-11 oz. Bag

Save 1.47 on 3

3 for $6

Sagra Extra Virgin Olive Oil

34 oz. Bottle

Stop Sign Savings...3.70

8.99

DeCecco Pasta

Selected Varieties. 16 oz. Package

Save 78¢ on 2

2 for $3

Clover Organic Milk

Selected Varieties. One Gallon Jug

Stop Sign Savings...90¢

5.99

Beverage

Jacob's Creek Sparkling Rosé

Perfect for you Valentine celebration or anytime. The lemon citrus aromas of Chardonnay are in harmony with the fresh strawberry and red currant characters of the Pinot Noir. The berry flavors linger on and on... 750 ml. Bottle

* While supplies last

Stop Sign Savings...2.00

7.99

Domaine Carneros Brut

750 ml. Bottle

Stop Sign Savings...8.00

17.99

Trinchero Wines

Selected Varieties. 750 ml. Bottle

Stop Sign Savings... 3.00

7.99

MGD or Miller Lite

Selected Varieties. 18/12 oz. Cans or Bottles

Stop Sign Savings... 6.00

9.99 +crv

Corona Beer

Extra or Light. 12 Pack/12 oz. Bottles

Stop Sign Savings... 3.90

11.99 +crv

Moretti Beer

Selected Varieties. 6 Pack/12 oz. Bottles

Stop Sign Savings... 2.50

5.99 +crv

Malibu Rum

1.75 Liter Bottle

Stop Sign Savings... 7.00

19.99

7•Up, A&W, Welch's or Sunkist

Selected Varieties. 12 Pack/12 oz. Cans

Save 2.98 on 2

2 for $7 +crv

Pepsi, Coke, 7•up, Squirt or Dr Pepper

Selected Varieties. 2 Liter Bottle

Save up to 1.76 on 4

4 for $5 +crv

Arizona Green Tea

42 oz. Bottle

Stop Sign Savings.... 20¢

1.49 +crv

Kern's Nectars

Selected Varieties. 11.5 oz. Can

Save 1.96 on 4

4 for $2 +crv

Perrier Mineral Water

4 Pack/330 ml. Bottles

Stop Sign Savings...80¢

2.49 +crv

Flav H_2O

Selected Varieties. 11.9 oz. Bottle

Save 98¢ on 2

2 for $1 +crv

Crystal Geyser Water

6 Pack/1 Liter Bottles

Stop Sign Savings.... 90¢

1.49 +crv

Gatorade Thirst Quencher

Selected Varieties. One Gallon Jug

Stop Sign Savings...70¢

4.99 +crv

Meat-Deli

Evergood Sausages

Selected Varieties. 16 oz. Package

Stop Sign Savings... 1.20

3.99

Foster Farms Thin Sliced Turkey Breast

Selected Varieties. 10 oz. Package

Stop Sign Savings... 1.00

3.39

Foster Farms Franks

Chicken or Turkey. Selected Varieties. 16 oz. Package

Stop Sign Savings..90¢

99¢

Gold Rush Cheese

Selected Varieties. 32 oz. Package

Stop Sign Savings... 2.00

6.79

Culinary Delights

Selected Varieties. 24-27.25 oz. Package

Stop Sign Savings... 1.40

4.99

Monterey Pasta Co. Filled Pasta

Selected Varieties. 9 oz. Package

Stop Sign Savings...1.00

3.79

Monterey Pasta Co. Pasta Sauce

Selected Varieties. 10-15 oz. Tub

Stop Sign Savings...50¢

3.89

El Monterey Cruncheros

Selected Varieties. 11.2 oz. Package

Stop Sign Savings... 1.00

2.89

Unforgettable...in Every Single Way

Share a decadent dessert with your lovebird or just indulge yourself!

A marbled chocolate tulip cup filled with chocolate mousse, chocolate cake cubes and raspberry preserves — topped with real whipped cream, chocolate batons and raspberries.

6.99

Fonseca Bin 27 Porto

A vintage-character Port from a renowned supplier — sweet, intense dark chocolate and cherry flavors. 750 ml. Bottle

12.99

Stop Sign Savings...$5

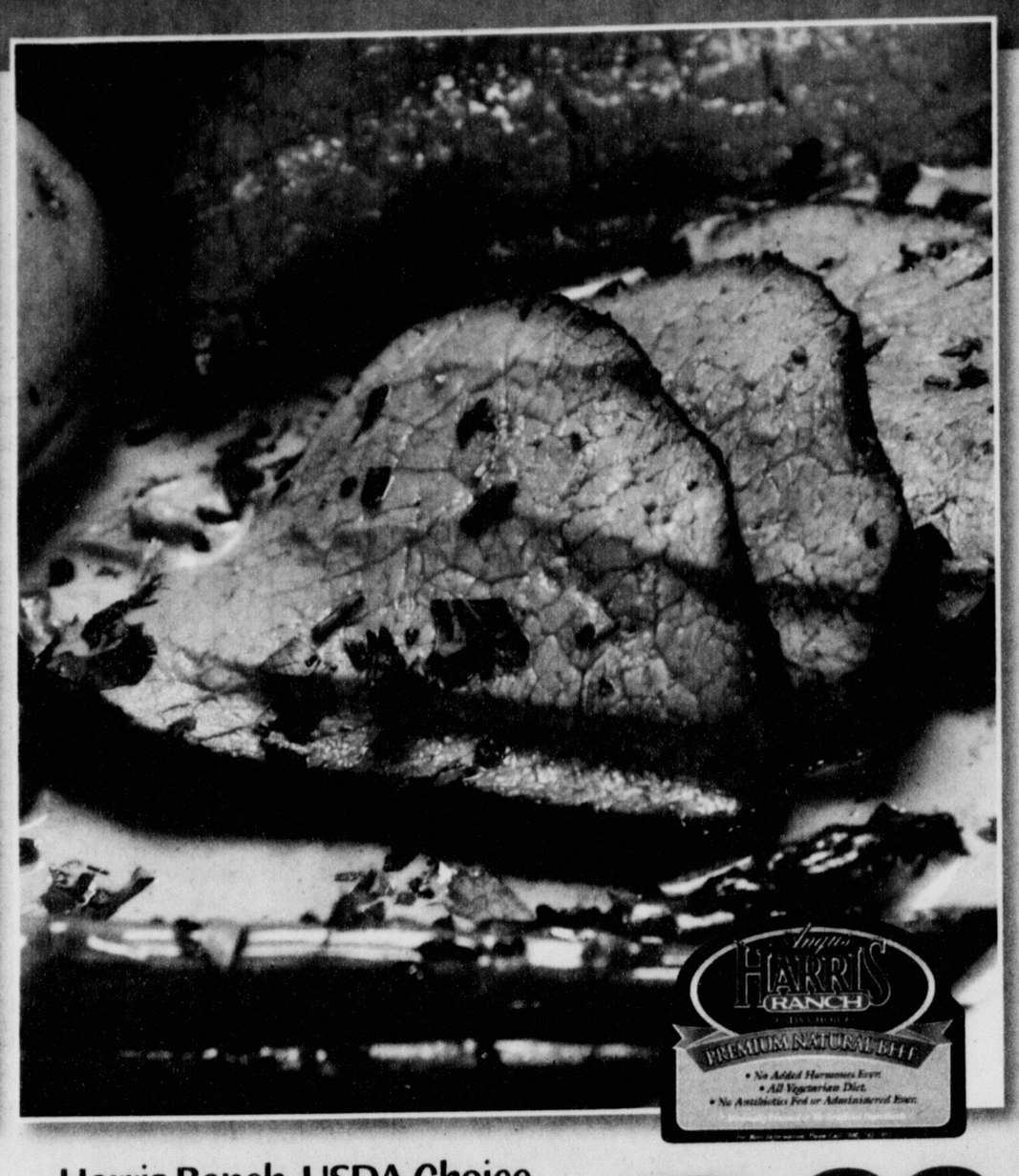
Foster Farms California Grown

Drumsticks, Thighs or Whole Legs

In the value pack.

97¢ lb.

Stop Sign Savings...62¢ lb.



Harris Ranch USDA Choice Premium Natural Angus Beef

Shoulder Fillets

3.99 lb.

Stop Sign Savings...3.00 lb.

Superior Farms USDA Choice

Rack of Lamb

Stop Sign Savings...4.00 lb.

13.99 lb.

Nugget's Own Fresh Sausage of the Week:

Garlic & Pepper

Stop Sign Savings...2.00 lb.

2.99 lb.

Cooked and Peeled

Ready to Eat Prawns

41-50 Count. Previously frozen.

Stop Sign Savings...6.00 lb.

6.99 lb.

Previously Frozen

Alaskan King Crab Legs

Stop Sign Savings...5.00 lb.

9.99 lb.

– Fresh Produce Specials –

Washington Grown

Crisp Gala Apples

Stop Sign Savings...31¢ lb.

1.18 lb.

5.6 oz. Package

Imported Blackberries

Stop Sign Savings...71¢ ea.

1.98 ea.

Ripe and Flavorful

Chilean Peaches

Stop Sign Savings...51¢ lb.

1.98 lb.

Grown in Chile

Fresh Red or Black Plums

Stop Sign Savings...1.01 lb.

1.98 lb.

Washington Organic

Fresh Fuji Apples

Stop Sign Savings...91¢ lb.

1.48 lb.

Fresh Express

Salad Blends

Hearts of Romaine, Triple Hearts, Sweet Butter or 5-Lettuce Mix.

Save 1.58 on 2

2 for $5

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